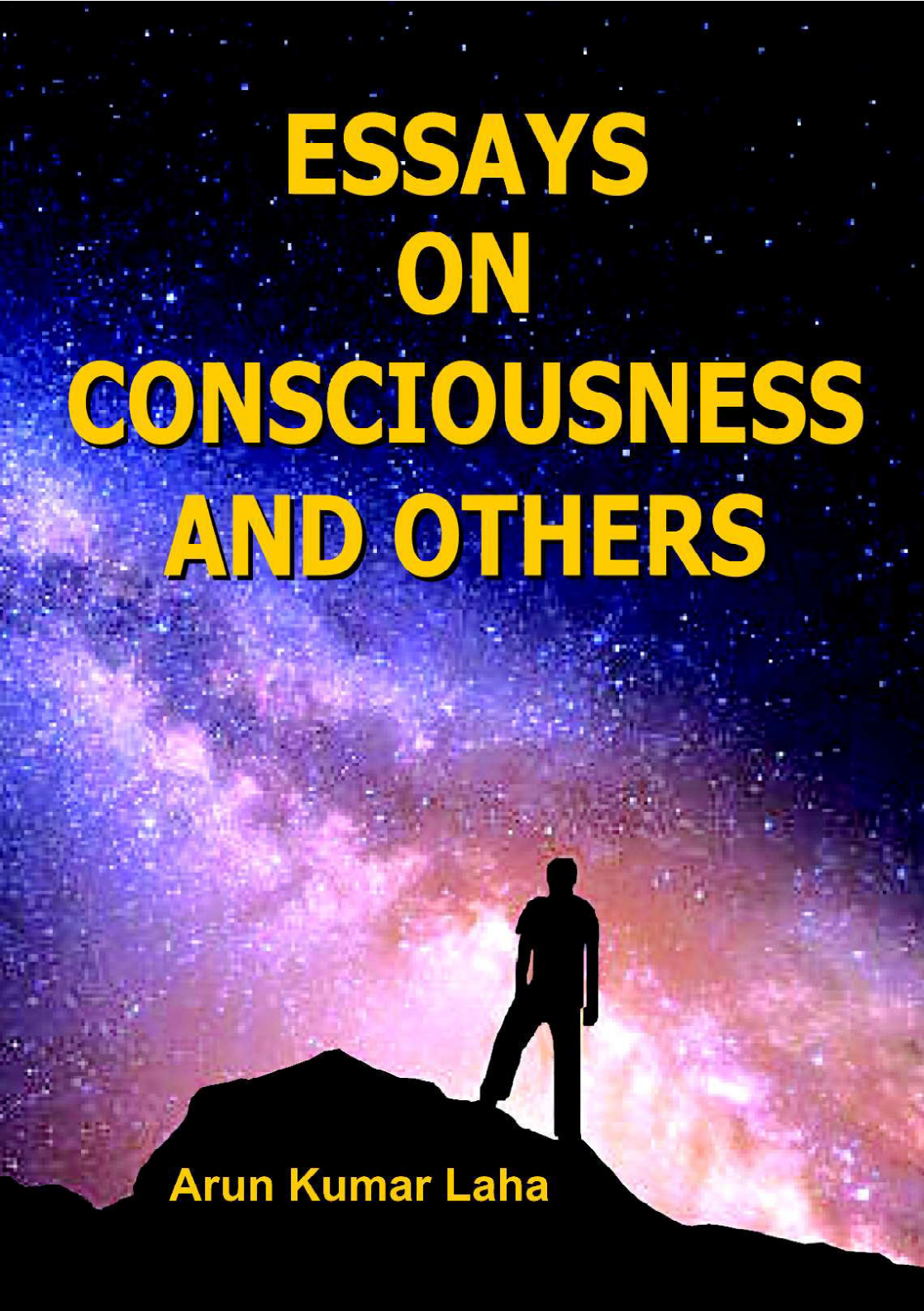
ESSAYS ON CONSCIOUSNESS AND OTHERS



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PREFACE

This book is a compilation of articles written at different times. Many of these write-ups were published in the Bulletin of the Ramakrishna Mission Institute of Culture, Golpark, Kolkata; and in the British Medical Journal, South Asia Edition.

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DOCTORS,
BE CONSCIOUS ABOUT CONSCIOUSNESS

https://www.speakingtree.in/blog/doctors-be-conscious-about-consciousness

INTRODUCTION

Before mastering the art of healing in medical schools students should know about their real identity and that of their patients.

> *Physicists have found it impossible to give a satisfactory description of atomic phenomena without reference to the consciousness.*
>
> —Eugene Wigner, 1963 Nobel Laureate, Physics

> *We can admittedly find nothing in physics or chemistry that has even a remote bearing on consciousness. Yet all of us know that there is such a thing as consciousness, simply because we have it ourselves. Hence consciousness must be part of nature, or, more generally, of reality, which means that, quite apart from the laws of physics and chemistry, as laid down in quantum theory, we must also consider laws of quite a different kind.*
>
> —Niels Bohr 1922 Nobel Laureate, Physics.

> *It seems to me that there is a third thing in the universe, to wit, consciousness, which.... I cannot see to be matter or force, or any conceivable modification of either....*
>
> —Thomas H. Huxley, Biologist and Humanist

> *In my search for the secret of life, I ended up with atoms and electrons, which have no life at all. Somewhere along the line, life has run out through my fingers. So, in*

my old age, I am now retracing my steps....

—Albert Szent-Gyorgyi, 1937 Nobel Laureate, Physiology and Medicine

Medicine is not merely science but an art, it does not consist of compounding pills and plasters; it deals with the very process of life which must be understood before they may be guided.

—Philipus Aureolus Paracelsus, c.1493, September 24, 1541

A human being is not a single entity. It is a three-in-one arrangement. It has 'Soul' or 'Being' or 'body-bound Consciousness' or 'Spirit' which is in continuity with the Consciousness of all things and everything (animate and inanimate) of the Physical Universe. It has an invisible subtle organ named 'Mind'. Mind does both sensory and motor functions. Mind receives information from the Physical Universe outside our body through our sense organs—sensory functions of Mind; and Mind does some necessary works like—thinking abstract subjects, feeling emotions, dictating instructions to the gross Physical organs through Nervous system etc—motor functions of the Mind. Above all, a human being has concrete Physical Body with all its sensory (Ears, Eyes, Nose, Tongue, Skin) and motor organs (Muscles, Bones etc). Our Mind and our Physical organs cannot function without help of our body-bound Consciousness. Normally our body-bound Consciousness remains spread to all our sense organs, to each and every point of our body, to each and every Molecule of our Physical existence. Our body-bound Consciousness keeps touch with our gross Physical organs through our subtle organ named 'Mind'. When we are deeply engaged in creative thoughts or enjoying bliss of non-REM sleep ('Non-Rapid-Eye-Movement sleep' or 'Dreamless sleep') or absorbed in transcendental meditation our body-bound Consciousness partially coils back to his center leaving sense organs unsupported. In such situations gross sense organs of our body and our subtle organ 'Mind' temporarily fail

to work. Attention of Archimedes' Mind and that of his body-bound Consciousness were deeply engaged in solving some mystery of the Physical Universe so his ears could not hear the noises of the war. At that moment his sense organs were not in connection with his body-bound Consciousness through his Mind. He had no idea about his immediate surroundings. As a result, he failed to save his Physical body from premature destruction by one of the soldiers of the conquering Roman force.

Study of the Biological sciences in the Western world has always tried to explain all the features of the unique phenomena called 'Life' in terms of the so far known laws of Physics and Chemistry. Western scientists have ignored Consciousness as a fundamental entity of the living organisms. They think that, the processes of interactions between the Matters and the Energies of the tangible Physical Universe secondarily create Consciousness in some Physical objects—known to us as the living creatures. Western world thinks that, the Physical Universe with all its Energies and Matters was created first and later on Consciousness appeared in the scene. They are not at all ready to accept an idea that says, ''Consciousness Himself creates the whole Physical Universe (consisting of all Matters, all forms of Energies, Space and Time) and all forms of living creatures (from Viruses to Human beings) seen on our planet.'' Scientists in India proclaimed this unique concept more than five thousand years ago. According to ancient Indian scientists Consciousness is the only fundamental entity, Consciousness is the sole ingredient used in creating all animate and inanimate objects of the Physical Universe. They realized at the core of the heart that, all things and everything (living and nonliving) of this concrete Universe of Matters are conscious because, they all originate from Consciousness. They reached to this conclusion after meticulous and logical discussions about all diverse phenomena of the Physical Universe; those phenomena they used to come across in their day-to-day life on the Earth. Their way of thinking was quite rational and analytical, and their thought processes were based neither on any irrational speculative philosophy nor

on uncanny mysticism.

However, recent advancements in Physical sciences and in Biosciences have reached to a point, from where further progress in understanding the true nature of the Physical Universe and that of the unique phenomenon named 'Life' is impossible without frequent reference to Consciousness. Of late, Western scientists have started accepting Consciousness as an essential fundamental parameter in all rational discussions about the Physical Universe and about 'Life'. Modern day scientists of all countries are now accepting the views of ancient Indian scientists with great respect and regard. They have realized that, unless we accept Consciousness as the primordial entity of the Universe we would never be able to know what 'Life' actually is.

To find out the ultimate building blocks of the gross tangible objects of the Physical Universe; western scientists pounded animate and inanimate objects of the World to the finest. They got subtler entities called—'Atoms', which take part in all chemical reactions. They cracked the Atoms to get subatomic particles. Ultimately they got most subtle entities—some imaginary 'Strings'. Subatomic particles are thought to be made up of packets of Energies (Quantum of Energies); and the packets of Energies are believed to be mere vibrations in those yet-to-be-detected 'Strings'. So, the western science now accepts that, the tangible gross objects are made up of intangible subtle entities. Here the ideas of the modern western scientists are coming closer to the ideas of the ancient Indian scientists, who thought that most subtle entity—'Pure Consciousness' alone is the basic building block of the manifested tangible Universe.

When an engineer decides to construct a structure, his body-bound Consciousness at first prepares a blueprint of the proposed structure with the help of his subtle organ named 'Mind'. (All concepts, all ideas, all human creations are created by our body-bound Consciousness with assistance of our Mind; and we depict those concepts through some signs on the walls of the caves, in clay models, on papers, in written words, in steel and concrete structures etc.) Then he builds the structure by

assembling tangible Matters taken from the Physical Universe with the help of his gross physical organs called 'Hands'. While constructing the structure, if necessity arises he could make required changes in the basic blueprint of the structure to meet different unforeseen situations. Similarly body-bound Consciousness of the short-necked ancestor of a modern day Giraffe at some point of time (in the long history of evolution of living things) realized that, his Physical body would die of starvation if mouth of his Physical body could not reach the leaves high up on the trees. So, Consciousness of that short-necked creature gradually changed the very blueprint (Genetic Codes) of his body and made his body a long-necked one. Body-bound Consciousness of the ancestor of a multi-drug resistant Bacterium also did the same to save his race from being killed by different Antibiotics. body-bound Consciousness of a man living at high altitude makes necessary arrangements for increasing Hemoglobin level in the blood; so that, the Physical body of that person could survive with low concentration of Oxygen in air. Mammals evolved on the landmass of the Earth. Herbivorous and carnivorous mammals in some geographic areas faced shortage of food on land, due to some changes in the geophysical conditions of those parts of the globe. Body-bound Consciousness of such mammals changed the genetic code of their physical bodies; and these newly evolved changed bodies adopted well in the aquatic life in the ocean, where they got abundant supply of food. Thus newer species of animal (herbivorous and carnivorous aquatic mammals) are created due to intelligent actions of body-bound Consciousness of some distressed land-living mammals. [*Vide writings of Ernst Mayr, renowned evolutionary biologist*]. Genetic code is the blueprint of the Physical body of a living thing. Body-bound Consciousness of an animate object has the power to change that blueprint according to requirements. So, the diverse forms of new creations, those we find in the long history of the evolution of living creatures are not the results of 'Accidental genetic Mutations', but are due to deliberate works done by body-bound Consciousness Himself on the genetic

blueprint of different species of living things. Consciousness deliberately changes (according to needs) the genetic codes of the bodies of different living things so that their newly modified Physical bodies could survive in different changing conditions of the Biosphere. This is the basis of the theories called 'Natural selection' and 'Survival of the fittest' in the study of evolution of living creatures. Physical body of a living thing is the house in which body-bound Consciousness or 'Soul' resides. The resident has the right and has necessary capability to make required modifications in his house. We should keep in mind that, a street Dog and a Dolphin had a common ancestor. It is now well known fact that, White man, Black man, Yellow man, Red man, Brown man all originated from a single clan of 'Homo sapiens' in prehistoric Africa. All these diverse groups of men have some genetic variations and these variations are created by human body-bound Consciousness for some reason or other. So, the very process of evolution of living creatures from Viruses to Human beings is not the results of actions of any blind force of Nature; but the process of evolution is due to intelligent functioning of the body-bound Consciousness of the animate objects on their genetic blueprints. Moreover, stereotype views of the laws of Physics and those of Chemistry are quite unable to explain all things and everything about the unique phenomenon named 'Life' and about this very process of evolution of living creatures from simpler organisms to highly complex machine—'Human body'. Evolution of diverse forms of living creatures on the surface of the Earth is simply the outcome of deliberate actions of body-bound Consciousness of living organisms on the genetic codes of animate objects.

Reproduction of Eukaryotic unicellular organisms is asexual. One Mother cell divides into two Daughters and two Daughter cells after maturation divide into four. In this way the process goes on without exchange of genetic material between any two members of the whole race. So, each and every member of the whole race has identical genetic blueprint. Body-bound Consciousness of such organisms suddenly felt that their whole

race would be extinct if any one of their enemies (Prokaryotic organisms and Viruses) could fabricate a weapon against their genetic blueprint. To save their race from being extinct from the surface of the Earth, body-bound Consciousness of Eukaryotic unicellular organisms produced two types of progeny. One group is genetic material donors (Male) and the other group is recipients (Female) of the same. The very process of reproduction through exchange of genetic material (sexual reproduction) started at this point of time in the long history of evolution of the living things. The offspring produced by sexual reproduction are with some variations in the genetic blueprints between any two members of the race. Some members of the whole race might remain vulnerable to the attacks of the enemies as before; but some would become invincible. Thus they saved their race from total extinction. So, Woman created Man; and not that Man created Woman from his ribs, as mythology says. And this newer process of reproduction is a creation of body-bound Consciousness of living things to meet a particular challenge.

'Consciousness' is the only entity of the Universe, which is not subjected to change by Space and Time because it is beyond the realm of Space and Time. Consciousness resides in eternal Present and in a room that is not bound by any walls. Ancient Indian scientists described 'Consciousness' as 'Existence absolute', 'Knowledge absolute' and 'Bliss absolute'.

All forms of Energies (Some forms are already known to us; some are yet-to-be-known by human beings.) of the Physical Universe are created by Consciousness using Himself as the only ingredient. Consciousness is the Creator of all forms of Energies, and at the same time; Consciousness is the only ingredient used in creating all those Energies. We know Matters are nothing but condensation of Energies; (according to the famous mathematical equation of Albert Einstein: $E=M.C^2$ where 'E' stands for Energy, 'M' stands for Mass of Matter and 'C' denotes Speed of Light); and all these Energies are created by Consciousness Himself. The Matters of my hand-held pen that I am writing with at this moment are mere condensations of Quanta of diverse

forms of Energies created by Consciousness. Likewise, Anti-matters are also mere condensation of Energies. When Matters react with Anti-matters both of them revert back to Quanta of Energies. The word 'Quantum of Energy' means 'Unit amount of Energy' or 'Packets of Energies'. According to ancient Indian scientists all forms of Energies and all types of Matters (visible and invisible, tangible and intangible) of the Physical Universe are created of Consciousness and created by Consciousness. And they had firm conviction that, Consciousness is not the by-product of interactive processes between Matters and Energies of the Physical Universe. They thought that, Consciousness is the creator of the Physical Universe and Consciousness is not the creation of Matters and Energies of the Physical Universe. All Matters remain in continuity with the ocean of Quanta of Energies that exists to each and every point of the Physical Universe; because Matters are mere localized condensations of Quanta of Energies in that ocean of Energies created by Consciousness. It is just like the icebergs formed due to localized condensation of seawater and float in the same seawater. With the help of Space and Time, Consciousness creates all the Matters taking Quanta of Energies from the ocean of Energies; those have already been created by Consciousness Himself. Matters thus created, float in the ocean of Energies; and this ocean of Quanta of different Energies is nicknamed by modern scientists as 'Quantum Soup'. Ancient Indian scientists named it 'Adyasakti'. (In Sanskrita 'Adi' means primal and 'Sakti' means Energy. So, 'Adyasakti' means 'Primal Energy'). 'Unified field theory' of modern Physics is trying to prove that all diverse forms of Energies of the Physical Universe are mere different expressions of a single form of primordial Energy. So, the subject of discussion in the study of 'Unified field theory' and 'String theory' of modern Physics is nothing other than 'Adyasakti', as stated by ancient Indian scientists.

As the Matters are in the realm of Space and Time; they are always in a state of constant change. But Consciousness Himself is never changing entity. The Matters in the stars are in continuity

with the ocean of Quanta of Energies ('Quantum Soup') in which the stars are floating; because like all other Physical objects of this Universe of Matters; stars are also mere localized condensation of the Quanta of Energies in the 'Quantum Soup'. Fusion reaction in the stars is continuously converting back some amount of those intra-stellar Matters into various forms of Energies and these newly formed Energies create ripples in the pre-existing ocean of Energies surrounding the stars. These ripples come to us (the conscious perceivers) as Electromagnetic waves and human body-bound Consciousness enjoys those waves as sensations named 'HEAT' and 'LIGHT'. [So, the Electromagnetic waves from distant stars (and from our nearest star—the Sun) do not come to us through empty space; but through the 'Quantum Soup', because 'Quantum Soup' is always there between the stars and us. This is because the Matters of the stars and the Matters of our Physical bodies are floating in the same 'Quantum Soup'. There is no 'no-thing' in the apparent void between any two tangible Physical objects of this Universe of Matters. The so-called 'vacuum space' in the study of the Physical Universe is non-existent, because all the spaces of this Universe of Matters are filled with a 'Soup' consisting of (1) Universal Consciousness and (2) a flood of Quanta of different Energies created by Universal Consciousness Himself. Very often the paths of the Electro-magnetic waves coming to us from far away stars through the 'Quantum Soup' are deviated by the heavy weight gigantic celestial bodies, floating in that 'Quantum Soup'. These colossal celestial objects cause localized distortion in the 'Quantum Soup' in which they float. This localized distortion of the 'Quantum Soup', through which the Electromagnetic waves propagate is the cause of deviation of the paths of the Electromagnetic waves. A big lump of Butter, floating on the surface of a bowl of Milk, distorts the smooth surface of the Milk. A floating lump of Butter creates a pit around it. Similarly, while floating in 'Quantum Soup' all matters create pits in 'Quantum Soup' around them. When a pit created by object 'X' comes in contact with the pit created by the object

'Y'; both the objects tend to slip into the pit of the other. Thus the object 'X' and object 'Y' tends to come closer to each other. This is called Gravitational Force. The Matters in my hand-held cellular phone is in continuity with the ocean of Quanta of Energies surrounding it. Using the chemical Energies of a cell inside that gadget the Matters of the cell-phone generate waves of Electro-magnetic Energy in the surrounding 'Quantum Soup' and through those waves the phone communicates with the near-by Telephone exchange. This is possible only because both the Matters of the cell-phone and those of the tower of the Telephone exchange are floating in the same 'Quantum Soup'. So, all men, all the animals, all the plant lives, all the planets, all the stars, all known and unknown galaxies of the Physical Universe are glued together by an enormous ocean of Quanta of Energies. There is no discontinuity between you and me, between the stars and us and for that matter between any two objects of this Physical Universe. We should not hate anyone or anything in the Universe. We should love everybody and everything in the Universe. We should try to accept all things and everything without bitter criticism, because all things apparently good or bad in the Physical Universe are nothing but different expressions of Universal Consciousness Himself. ('Quantum Soup' or the 'Unified field of different Energies' is the prime mover of all known and yet-to-be-known phenomena of the entire Physical Universe.—vide writings on 'The entanglement of non-locality experiment'.)

Specialists in 'String theory' of modern physics are thinking about existence of multiple universes ('Multiverse theory') with different dimensions. All the living and non-living things in the Physical Universe, where we have been created, are just like mere bubbles of different sizes and shapes in the form-less ocean of Energies ('Quantum Soup'), which is created by Consciousness Himself. We know that an air bubble in the water occupies a certain amount of space and it exists for only a certain period of time, after which it dissolves itself into the form-less sea of water. So, the existence of a bubble in the water is 'Space-

and-Time-bound'. Likewise, all the living and non-living objects of the Physical Universe are in the realm of Space and Time. To be precise, all the Matters of this Physical Universe are bound in 'Space-and-Time Cone'. They occupy some Space in the Physical Universe and after an existence for certain period of Time they dissolve themselves in the formless ocean of Energies surrounding them. [Decay of Proton is an important subject of study in modern experimental Physics. Similarly, radioactive substances are continuously losing their mass, and that lost mass is being converted back to Quanta of Energies in the formless 'Quantum Soup'.] The ocean of Energies created by Consciousness is not bound by Space and its existence is eternal, not restricted by some period of Time, because Consciousness, the creator of all the Energies ('Quantum Soup'), Himself is bound neither by Space nor by Time. [*"The created physical World is but a small parenthesis in eternity."*]

So, Consciousness creates this concrete Physical Universe taking Energies, Matters, Space and Time as basic ingredients. The most unique feature of this plan of creation of the Physical Universe is that, the creator (Consciousness) Himself remains mingled with each and every particle of His creation. Consciousness inherently does exist in each and every object of this Physical Universe because Matters, Energies, Space, Time all are created of Consciousness. However, degree of expression of Consciousness varies in different objects of the Physical Universe. It is least expressed in stone, expressed more in trees and in lower animals and expressed to a great extent in a human being. In the history of human race highest expression of Consciousness is observed in the lives of some great personalities like Lord Krishna, the Buddha, Jesus Christ and others.

The very words 'Existence absolute' describe that the only real entity that exists in the Universe is Consciousness and Consciousness alone and nothing else. All other things in the Physical Universe are created by Consciousness Himself, using Consciousness as the only ingredient. Consciousness creates the

Physical Universe only for His own enjoyment. Consciousness was alone and was bored of His lonely existence. So, He divided Himself into two. One part remains the same as before—never-changing, ever-observer 'Pure Consciousness', beyond Time and Space. With the help of the creative desires of 'Pure Consciousness' the second half creates the ever-changing Physical Universe, consisting of Time, Space and 'Quantum Soup'. The second half Who creates the Physical Universe is named as 'Universal Consciousness'. Ancient Indian scientists named the creative desire of 'Pure Consciousness' as 'Maya'; and according to them 'Universal Consciousness' is 'Ishwar', the creator of the ocean of the Quanta of Energies, Space and Time. The newly formed Physical Universe (created by 'Ishwar' or Universal Consciousness) became the playmate of 'Pure Consciousness' to allay His loneliness. [However, according to some scientists of ancient India the Physical Universe of Matters, Energies, Space and Time is a mere dream of never-active, ever-witness 'Pure Consciousness' Himself. To them this World of Matters is unreal, as it is mere wishful imagination of 'Pure Consciousness', Who is the only real entity. According to the experts of this school of thought, never-changing 'Pure Consciousness' did not divide Himself to create 'Ishwar'; because 'Pure Consciousness' Himself is ever immutable. Experts of this school of thought believe that, both 'Ishwar' (creator of the Physical Universe) and the Physical Universe itself, about which we human beings know through our sense organs, are mere illusions created by 'Pure Consciousness'. (*"There is naught which is real nor is there aught which is unreal. All is made possible everywhere in this dream known as creation."*—Yoga Vasishta)]

By the words 'Knowledge absolute' ancient Indian scientists expressed the idea that, if someone could know about 'Pure Consciousness' he would have nothing else left to know about. This is because 'Pure Consciousness' Himself is the Knower, the process of Knowing and the subject of Knowledge. Through numerous metaphysical experiments ancient Indian scientists

were convinced that, human nervous system, well-trained and well-purified human mind, and human body-bound Consciousness has the ability to have some perception about the existence of 'Pure Consciousness'.

Now, let us discuss about 'Bliss absolute'. It means that if someone could realize at the core of his heart that, 'Pure Consciousness' is the only eternally unchanging reality of this ever-changing Physical Universe; 'Pure Consciousness' is the only subtle truth about this gross Physical Universe; and 'Pure Consciousness' is the only seed from which all the diverse objects of this Universe of Matters germinate—then his mind would be filled with celestial Joy and with absolute Bliss. The human mind has the ability to have these realizations through our intuitive power; and intuitive power is nothing but the inner eyes of our body-bound Consciousness. Our gross Physical eyes help us to know only about concrete and tangible things of the Universe of Matters; and with the help of inner eyes of our body-bound Consciousness we could know about subtle entities, like 'Pure Consciousness'.

Fear of death of our Physical bodies is the worst fear of human mind because our mind is unaware of eternally existent nature of our Being. Most, if not all, of us erroneously think that, our Physical body is our only existence, the body with flesh and blood is only truth about ourselves, and it is our sole reality. To most of us, 'I am' means a Physical object that takes birth, eats, defecates, micturates, grows, reproduces and dies. We consider ourselves as mere machines made up of flesh and bones and we know that like all man-made machines this machine (known to us as 'Human bodies') is also vulnerable to decay and death. So, impending death of our body is the biggest threat to our very existence; as because we all are always thinking in our conscious and subconscious mind that we have nothing else permanent, other than this temporal ever-decaying Physical body. We cannot convince our mind that, our body-bound Consciousness (or 'Soul' or 'Being' or 'Self') is our true identity and Consciousness is our only reality. We fail to realize that our existence is

eternal and our existence is not limited by a period of time from birth to death; we did exist before birth of our Physical body and we would exist even after destruction of this gross tangible body. Very few people who had realized this fact in the core of their heart could conquer the fear of death. Their mind would remain filled with esoteric calmness, and with everlasting celestial Bliss. History of mankind is filled with biographies of numerous such brave personalities who fought against various adversities of personal and social lives without fear of death. They did not hesitate to sacrifice their Physical bodies for some noble causes. [*"Be strong! The sign of life is strength and growth. The sign of death is weakness. Whatever is weak, avoid! It is death…. If you want to have life, you have to die every moment for it. Life and death are only different expressions of the same thing looked at from different standpoints; they are the falling and the rising of the same wave, and the two form one whole."* — Swami Vivekananda]

'Big Bang' theory of creation of this Universe of Matters tells us that, before occurrence of the 'Big Bang' there were no Matter, no Energy, no Space, and no Time in the Physical Universe. All these four fundamental entities of the Physical Universe were created from the 'Singularity' through an unknown process of explosion. That explosion is nicknamed by modern Physicists as 'Big Bang'. 'Singularity' is the 'Pre-Big-Bang' state of the Physical Universe. Experts in this popular speculation have no idea about the true nature of this 'Singularity'. They thought that, initially Matters, Energies, Space and Time had been created from 'Singularity' through an explosion and later on Consciousness appeared in some physical bodies (made up of Matters, Energies, Space and Time) called 'Living creatures'. Western scientists believe that, Consciousness was not in existence before 'Big Bang'. Their firm conviction is that, Consciousness appeared secondarily in living organisms due to interactions between Matters and Energies; and these Matters and Energies were created as a result of the occurrence of so called 'Big Bang'. [Some scientists erroneously think that

Consciousness is the outcome of functions of nervous systems of higher animals. But many living things without nervous systems (like unicellular organisms, and even viruses) lead their life consciously, intelligently. Study of their life cycles proves beyond doubt that, they do all their biological activities with conscious deliberation; and they are not mere slaves of some blind forces of Nature.]

The views of ancient Indian scientists about the creation of the Physical Universe differ in this regard from the ideas of their modern Western counterparts. Wise men of India thought that, the Physical Universe with its all Matters, Energies, Space and Time had been created from a single entity and that single entity was nothing other than 'Pure Consciousness' Himself. According to Indian view 'Pure Consciousness' is both the Creator of the Physical Universe and the only ingredient used in creation of this phenomenal World. Created Physical Universe is the manifested form of the Creator—'Pure Consciousness'. So, 'Creator' and 'Creation' are inseparable. Most heartening fact is that, only this rational concept of ancient Indian scientists could convincingly answer all the questions about the Physical Universe and about the phenomenon called 'Life'.

Now, the question is how can never-changing 'Pure Consciousness', Who is never-bound by Space and Time, become material for creation of the ever-changing Physical Universe, which is ever-bound by the 'Space-Time Cone'? Wise men of ancient India seriously dealt with this question and they were truthful enough to say, 'We do not know!' They did not try to fabricate any ambiguous theory to explain this puzzle. They told in clear mind what answer they got to this question. Ancient Indian Seers nicely described this by saying; ''A doll made up of Salts from sea water would not be able to go to the ocean to know all about the ocean. If it tries to do so, its separate identity would be lost. Similarly human body-bound Consciousness and human intelligence, which are part of 'Pure Consciousness', would never be able to know the plan and program of 'Pure Consciousness'. A minute part of the totality cannot know all

about the whole. If a person's body-bound Consciousness tries to do that, his separate existence would be lost and he would be dissolved into the ocean of 'Pure Consciousness'." However, human body-bound Consciousness has ability to have glimpse of 'Pure Consciousness', and has capability only to realize that 'Pure Consciousness' is the sole entity that has real existence. But the answers to the very question—"'Why' and 'How' did 'Pure Consciousness' create the Physical Universe" remain obscure to human Mind.

Suppose Universal Consciousness is like an ocean of water. In it float balls of ice of varying shapes and sizes. These balls are numerous Physical Universes with all their planets, stars and galaxies. The water, using itself as the only ingredient creates the ice-balls in an ocean of water. Similarly Universal Consciousness creates these Physical Universes of Matters, Energies, Space and Time taking Himself as the only ingredient used. Physical objects are just like some pots those are curved out from ice-blocks and imagine as if these pots made up of ice, are floating in the water. These pots contain some amount of water in them. The body of a pot is made up of condensed water (ice) and water is both inside and outside it. The body of a Physical object is made up of Energies, Matters, Space and Time of the Physical Universe and inside it lives part of Universal Consciousness Himself. [Just like the little amount of water remains inside the pot made up of ice.] The part of Universal Consciousness that remains bound in the body of a Physical object is called 'Body-bound Consciousness' of that object. And this body-bound Consciousness of a Matter is in continuity with the body-bound Consciousness of all Matters of the Physical Universe; because all the Matters of the Physical Universe are floating in a soup made up of Universal Consciousness and 'Quantum Soup'. And this 'Quantum Soup' is created by Universal Consciousness. Body-bound Consciousness of a nonliving object is less expressed than that of a living thing—why is it so? This is because in cases of all animate objects of the Physical Universe, real images of 'Pure Consciousness' are projected on their body-

bound Consciousness. Body-bound Consciousness of all animate and inanimate objects of the Physical Universe are in continuity with each other and with the ocean of Universal Consciousness in which they float; but body-bound Consciousness only of the animate objects are illuminated with projected direct image of 'Pure Consciousness'. [Think of a cup made up of ice and there is little water inside it; and the cup is floating in the ocean of water. Imagine that real image of the Moon is projected on the water inside that cup—this arrangement is like that of a living object. A water-containing cup without projected image of the Moon on it is just like a non-living object. Consider here the image of the Moon as that of 'Pure Consciousness']. For this reason body-bound Consciousness of a man is more flourished than that of a stone. (*Vide : Illustration*).

So, the created Universe has three basic ingredients. (I) Most subtle one is Universal Consciousness having three fundamental attributes—(1) ''Spotless purity'', (2) ''Ever-enthusiastic activities for creation and destruction'' and (3) ''Lasting inertia''. Modern scientists are yet to invent an instrument to detect and to measure Universal Consciousness. (II). Less subtle ingredient is the ocean of Quanta of different Energies (''Quantum Soup''). Universal Consciousness is ceaselessly creating these diverse forms of Energies: as a result, there is no dearth of Energies in the ever-expanding Physical Universe. Our modern gadgets can prove the existence of the ''Quantum Soup''. (III) The third ingredient is the gross Physical objects of the tangible Universe. These objects are made up of Matters; and we know that these Matters are mere Space-Time bound condensation of various Energies of the ''Quantum Soup''. A Physical object is not made up only of Matters, Energies, Space and Time; but a portion of the Universal Consciousness would always remain entrapped into that created object. This segregated portion of the Universal Consciousness is the ''Body-bound Consciousness'' of that particular object. However, the body-bound Consciousness of all created Matters is in continuity with the ocean of Universal Consciousness. Matters, Energies, Space-Time and Universal Consciousness are

all created by ‘‘Pure Consciousness’’ using Himself as the sole ingredient. Propagation of Electromagnetic waves, Gravitational pulls, all our activities on the Physical plane, all chemical reactions in the material world, our all Electric-Electronic-Telecommunication endeavors etc are due to interactions of the Matters with the‘‘Quantum Soup’’. All these phenomenon of the Physical plane is due to the activities of the‘‘Quantum Soup’’. Sudden acquirement of intuitive knowledge in any subject, getting deep insight into any subject through undistracted thought or through transcendental meditation, extra sensory perception (ESP), Telepathy, healing by prayer, faith healing, clairvoyance, clairaudience, clairscent, clairsentience, clairtangency etc are all the results of the actions of Universal Consciousness on our body-bound Consciousness and on our body-mind-intellect.

In discussion about the creation of the Physical Universe of Matters, ancient Indian scientists used the term—‘‘Kaaran Samudra’’. Sanskrita word ‘Kaaran’ means ‘Cause’ and ‘Samudra’ denotes ‘Ocean’. ‘‘Kaaran Samudra’’ means the Ocean of a subtle entity, which is the cause of all the tangible gross things of the Universe of Matters. According to them, Physical Universes consisting of objects with names and forms are mere bubbles in the nameless, formless ocean of eternally-existing ‘‘Kaaran Samudra’’; and these bubbles are continuously being created, existing for stipulated period of time, then get dissolved in the formless ocean named—‘‘Kaaran Samudra’’. So, what is ‘Quantum Soup’ of modern Physicists, is ‘‘Kaaran Samudra’’ of ancient Indian scientists. *[See the picture]*

So, your body-bound Consciousness, my body-bound Consciousness, body-bound Consciousness of a Hydrogen Atom, of a dust particle, of a stone, of a goat, of a tree, of a planet, of a star, of a galaxy are the same and it is nothing other than Universal Consciousness Himself. Moreover, both your body-bound Consciousness and my body-bound Consciousness are glittering with real images of ‘Pure Consciousness’ Himself. And we are ‘Living’ only for that projection of real image of ‘Pure Consciousness’ on our body-bound Consciousness. Laws of

Physics and Chemistry are competent enough in explaining all the different phenomena observable in all inanimate objects of the Physical Universe; but such principles of Physics and Chemistry are completely useless in the study of understanding what 'Life' really is. The unique phenomenon named 'Life' is nothing but various manifestations of the works done by the projected image of 'Pure Consciousness' on some gross physical objects, those are known to us as 'Living Organisms'. You and I are different in names, in Physical forms, in designations, in all external parameters but in the Being we are one and we are inseparable. This concept of Non-Duality (teachings of 'Adaita Vedanta') is the greatest contribution of Vedic culture of ancient India to human civilization. This unique scientific knowledge is glorious inheritance not only of the present day Indians but also of each and every member of the human race. [*Vide: 'Proof of Vedic culture's Global existence'—by Stephen Knapp*] 'Adaita Vedanta' is the highest peak of ancient Indian wisdom. This analytical and rational concept is neither sectarian nor dogmatic in its view. People of all races and creeds have every right to study it with critical attitude, instead of accepting every idea of it at face value. They are at liberty to endorse the teachings of 'Adaita Vedanta' or to discard them out right. The matter of fact is that, 'Adaita Vedanta' has been studied and its inferences have been checked and verified by many wise personalities of all human groups.

Albert Einstein, the most expressed human body-bound Consciousness in modern human history once said that, there is only one way of knowing all about the true nature of the Universe and of the Life and to understand the cause-and-effect determinism of the various phenomena of the Physical World. According to him that very way is to know what is in the mind of God, the Universal Consciousness. He also said that, all the principles and laws of Physical reality so far unveiled by human mind are mere minor details of a great plan chalked out by Universal Consciousness.

Mr. Einstein observed that, human body-bound Consciousness

has yet to have any access to that all-inclusive basic plan. All our analytical scientific studies of the Physical Universe, all our various thesis and anti-thesis of Metaphysics and Philosophy are mere insignificant endeavors to have slightest glimpse of that great plan.

Since the time of 'Middle age' of European history, scientists of Western school of thought are trying hard to sort out simpler theories (mathematical equations), those are able to explain rationally various incidences of the phenomenal World. Laws of the Newtonian Mechanics can explain both the fall of an apple from a tree and the movements of the planets around the Sun. Theory of Relativity can explain all most all phenomenon of the Macrocosm; but it is unable to explain most of the behaviors of the particles of subatomic world. Laws of the Quantum Mechanics can aptly explain the nature and behaviors of subatomic particles but Quantum Mechanics fails to explain various phenomenon of the Macrocosm. Modern scientists of all nations are trying hard ceaselessly to find out a single mathematical equation that governs and explains all things and everything of the physical World.

Of late, many world-renowned physicists have realized at the core of their hearts that, the dream of reaching to a comprehensive 'Theory of everything' correlating all our hitherto acquired knowledge about 'Strong force', 'Weak force', 'Electromagnetic Energy', 'Gravitational force', 'General theory of Relativity', 'Quantum Mechanics', and 'String theory' would not be fulfilled in foreseeable future. 'Theory of everything' is expected to explain rationally all the phenomena of the Universe—both of the Microcosm and of the Macrocosm. This dreamed mathematical equation is expected to unravel all the mystery of the Universe and that of the unique phenomenon named—'Life'. But that grand theory unifying all our present knowledge about the material world is yet to be discovered. According to renowned physicists the 'Theory of everything' is kept concealed in the mind of God. We must pay heed to the opinion of Sri Ramakrishna (1836-1886) in this context.

According Sri Ramakrishna,"How much hard you try to peep into the treasures kept in the iron chest of the king; you are sure to fail. But by hook or by crook if you could come closer to the king, if you could establish close kinship with the king, he himself would show you his secret treasures locked in the iron chest. Likewise, to unravel the mystery of the Universe, if you confine your focus of attention only to the manifested material World, you would never be able to reach to that cherished goal. By studying only the material World; the things you would get plentiful are technological marvels—those would bring comfort in your daily life; and you would get lots of weapons of mass destruction—those would usher in equal discomfort and disharmony in the life of man on the Globe. So, to get rational explanations about the mystery of the Universe and to understand what 'Life' actually is,—try to come closer to 'Pure Consciousness', Who is 'Knowledge absolute'. He and only He can explain all things and every thing about the World. Great Seers of 'PURE Consciousness' know all about 'Life' and all about the material World, but that knowledge is hard to communicate with common persons who are always intoxicated with the pleasure and pain of the material World. Argumentative discussions and mathematical equations would not be able to express that knowledge."

When Electromagnetic Energy of certain range of wavelengths and frequencies falls on our skin, it generates 'Action potential' in the sensory nerves of our skin. Electromagnetic Energy is converted into electrical nerve impulses in the cutaneous nerves and these impulses are carried to our Cerebral Cortex. Here in the Cerebral Cortex by some unknown processes these nerve impulses generate a particular type of sensation in our body-bound Consciousness. Name of the sensation that our Consciousness perceives is 'HEAT'. 'HEAT' is the name of a type of feeling and 'HEAT' does not exist without presence of a conscious feeler. When we put an inanimate object on fire, it does not receive 'HEAT' but it receives Energy in the form of Electromagnetic waves that increases the kinetic Energy between

the atoms and molecules of that body. 'HEAT' is a type of a sensation, a type of feeling experienced by body-bound Consciousness of living things—so it cannot be transferred from one non-living object to another. Energy from one object having higher kinetic Energy levels in between its atoms and molecules can be transferred to another body with lower Energy levels, but 'HEAT' which is a feeling cannot be transferred from one inanimate object 'X' to a lifeless object 'Y'.

Electromagnetic Energy of certain wavelengths and frequencies generates electrical impulses in our Retinae and these electrical impulses are carried by Optic nerves to the Occipital Cortex of human Brain. Due to stimulation of that very part of the Brain our body-bound Consciousness feels a particular type of sensation. The name of that sensation is 'LIGHT'. 'LIGHT' is a sensation, a feeling, which is perceived by conscious living creatures having necessary sense organs. So, 'LIGHT' does not exist in absence of a conscious perceiver.

If my finger touches a vibrating tuning fork—Mechanical Energy from that object would stimulate the sensory nerves in my finger and that Mechanical Energy is converted into electrical nerve impulses (in the sensory receptors)—which are then carried to my Cerebral Cortex. My Soul, my Being, perceives a particular type of sensation, known as 'Sensation of Vibration'. From that feeling felt by my body-bound Consciousness, my mind knows that the prongs of the fork are moving to and fro over time.

If the same vibrating tuning fork were made to touch the vault of my Cranium, Mechanical Energy from the fork would pass through my cranial bones and would reach to the 'Organ of Corti' in my internal ears. There this Mechanical Energy is converted into electrical nerve impulses; those are then carried by the Auditory Nerves to the Superior Temporal Gyrus of Cerebral Cortex of my Brain.

If I hold a vibrating tuning fork close to my ear, Mechanical Energy from the fork would travel through air and after passing through my external ear and middle ear, that Energy would reach to the 'Organ of Corti' in the internal ear. Mechanical Energy is

transformed here into electrical nerve impulses and these impulses go to the Superior Temporal Gyrus of the Brain. So, Mechanical Energy coming either through air or through cranial bones stimulates particular areas of the Brain after being modified into electrical signals in the 'Organ of Corti'. Stimulation of those particular areas of the Brain by nerve impulses from 'Organ of Corti' creates a type of sensation in our body-bound Consciousness, and this very feeling is named as 'SOUND'.

So, we find that, the same Mechanical Energy creates different sensations ('Sensation of Vibration' and 'SOUND') in our body-bound Consciousness by stimulating different sense organs of our body. Each sense organ has its own specific area in the Cerebral Cortex where it sends its electrical nerve impulses. [In some very rare persons, Superior Temporal Gyrus of their Brain has some abnormal connections with the Occipital lobe of the Brain. Mechanical Energy coming through air produces electric nerve impulses in their 'Organ of Corti' in the internal ears. Nerve impulses generated by their 'Organ of Corti' go both to the Superior Temporal Gyrus and to the Occipital lobe. Body-bound Consciousness of such persons enjoys sensations both 'Sound' and 'Light' simultaneously—they see colorful sounds. This very rare condition is called 'Synesthesia'.] The same Electromagnetic Energy of different wavelengths and frequencies produces different feelings in our body-bound Consciousness—'HEAT' when cutaneous nerves are stimulated and 'LIGHT' when Retinae are stimulated by Electromagnetic waves.

Human sense organs have functional limitations. Human body-bound Consciousness cannot perceive very high frequency (more than 20,000 Hertz) Mechanical Energy as 'SOUND' but a Bat's body-bound Consciousness can feel that easily as 'SOUND'. Our 'Organ of Corti' cannot convert such high frequency Mechanical Energy into electrical nerve impulses. Electromagnetic Energy of very long wavelengths coming from far away celestial objects does not stimulate our Retinae; so we can not perceive those wave-lengths of Energy as 'LIGHT'. Radio-astrophysicists convert that incoming Energy of very large wavelengths into

Electromagnetic Energy of those wavelengths, which can stimulate our Retinae. Through these newly formed Energy forms of shorter wavelengths, Radio-astrophysicists could get detail information about the distant celestial bodies.

If we take some persons whose eyes are destroyed and stimulate Occipital lobes of their Cerebral Cortex with a pair of electrodes; their body-bound Consciousness would enjoy the feeling named 'Light'. Stimulation of Superior Temporal Gyrus with external electrodes of a person, whose 'Organs of Corti' are destroyed, makes his body-bound Consciousness feel sensation called 'Sound'.

So, 'HEAT', 'LIGHT', 'TOUCH', 'SOUND', 'FOUL SMELL', 'SWEET SMELL', 'REDNESS', 'GREENNESS', 'SWEETNESS', 'BITTERNESS' etc.—all are nothing but subjective sensations perceived by our body-bound Consciousness when different areas of our Brain are stimulated by electrical nerve impulses, generated in different sense organs by various stimuli, coming from sources outside our body. In fact all these sensations are nothing but interpretation of various Energy forms of the Physical Universe by our body-bound Consciousness. These different forms of Energies act as stimuli to our different sense organs; moreover, the presence of body-bound Consciousness is essential for creation of these sensations. Our body-bound Consciousness gets knowledge about the surrounding Physical World through these sensations. So, the Physical Universe that the human body-bound Consciousness knows about through human sense organs does not exist without our presence—because the Physical reality is merely an interpretation of the various forms of Energies of the Universe of Matters. This idea is endorsed by Quantum Physics that states, 'Object does not exist without Observer.' Matters are mere condensations of Quanta of various forms of Energies. In the Universe of Matters a conscious observer interpret one conglomeration of Quanta of Energies as a 'Rose', one as a 'Tree', one as a 'Stone', one as a 'Goat', one as a 'Human body', one as the 'Moon', one as a 'Star'. To a Physicist subatomic particles are not fundamental

entities but are made up of various Energies. Existence of a subatomic particle and expressions of its various Physical parameters depend on the presence of a conscious observer. [*"It is the mind, which creates the world about us, and even though we stand side by side in the same meadow, my eyes will never see what is beheld by yours, my heart will never stir to the emotions with which yours is touched."* —George Gissing (1857-1903)]

When analytical and mathematical studies of the Physical World reached to this unique concept (about the relationship between the existence of the objects of Physical Universe and the mandatory presence of a conscious observer) in the early years of twentieth century; initially it was very difficult for Albert Einstein to accept this inference. However, later on he was compelled to endorse this view, which says that the very existence of a Physical object depends solely on the presence of an observer—because 'Reality of the Physical Universe is merely an interpretation' made by the conscious observer. Nobel Laureate poet-philosopher Rabindranath Tagore (1861-1941) wrote a very oft-quoted poem at that time named 'AMI' (I am). In that poem the poet described, ''If I (the conscious observer) were not in existence; the green beauty of the Earth, pink charm of the Roses, celestial joy of Moonlit night would have been nowhere. 'Bidhata', the Creator of the Universe would live alone only with various forms of Energies and with different varieties of formulae, laws and Mathematical equations governing those Energies. Existence of all things and everything of the Physical Universe depends solely on my presence. Body-bound Consciousness of a conscious observer is the creator of all objects of the Physical Universe. All tangible animate and inanimate things with name and form are creations of the body-bound Consciousness of an observer, having sense organs, mind and intellect.'' Mr. Tagore had long discussions with Mr. Einstein on this subject in Europe sometime in the first half of the Twentieth century. [*Vide: R. Tagore, Asia Magazine, vol. 31, p.139, 1931.*]

Think of early years of the Earth, when there were hills, mountains, dancing brooks, plants, but no animal. The Mechanical Energy from the dancing waters of the brooks and from the vibrating stones was spreading in the surrounding air, and that Mechanical Energy was being conducted everywhere by the processes of compression and rarefaction of the air surrounding the brooks. That Mechanical Energy conducted by air was not being converted into electrical nerve impulses by any transducer (such as 'Organ of Corti' in our internal ear); and body-bound Consciousness of no animate object interpreted those nerve impulses as 'SOUND'. So, creator of the hills, mountains, plants and brooks was observing his own creations as if it was a silent movie. To enjoy the sweet music of dancing brooks, music of murmuring leaves 'Pure Consciousness' creates some machines through which He could feel the bliss of those music. We human beings are those machines, who interpret mere Mechanical Energy of vibrating air as the 'SOUND of music'. Likewise, to 'Pure Consciousness' all the hills, mountains, brooks, planets, plants, the Moon, the Sun, stars and galaxies are mere localized condensation of Quanta of Energies in the ocean of Quanta of Energies created by Universal Consciousness. These localized conglomerations of Quanta of Energies create ripples in the ocean of Quanta of Energies in which these conglomerations float. We human beings are machines made up of Universal Consciousness and we are created by Universal Consciousness; so, we are also floating in that ocean of Quanta of Energies. Receiving those ripples in the ocean of Quanta of Energies our body-bound Consciousness knows about those nameless, formless conglomerations of Quanta of Energies; and our body-bound Consciousness interpret those conglomerations as objects of different names and forms—the hills, the mountains, the brooks, the stars etc. Looking through our body-bound Consciousness 'Pure Consciousness' enjoys the beauty and ugliness, brightness and darkness, colorlessness and colorfulness of the creations of our body-bound Consciousness. (*Vide writings on 'Weak anthropoic cosmological principle.'*)

Sri Ramakrishna (1836-1886) the greatest teacher of modern man said, ‘‘The person, whose body-bound Consciousness blossoms like a thousand-petal Lotus, knows about ‘Pure Consciousness’ at the core of his heart. The answers to all the questions about the Physical Universe and about the unique phenomenon named ‘Life’ are then vividly clear to him.’’ Sri Ramakrishna also observed, ‘‘Men with such greatly expressed Consciousness (like Lord Krishna, the Buddha, Jesus Christ) know with great conviction that, nothing other than ‘Pure Consciousness’ is the only never-changing truth about the ever-changing Physical Universe, and ‘Pure Consciousness’ is the only subtle reality behind all diverse life forms on the planet Earth.’’ Sri Ramakrishna taught us that, all animate and inanimate things (human sensory organs can know about very few of them, and there are lot more about which human sense organs have no perception e.g. ‘Dark Energy’, ‘Black Matters’ etc.) of the Universe are ‘Chitanyamoy’. English translation of this Sanskrita word is‘‘Only ‘Pure Consciousness’ exists.’’ So, what is ‘Singulariry’ to a modern Physicist is ‘Chetana’ (meaning ‘Pure Consciousness’) to an ancient Indian Seer. Sri Ramakrishna is respected world-wide as the greatest expert in ancient Indian wisdom in the recent past.

To an Indian the Physical Universe is an illusion and his Time-Space-bound Physical body is not his real identity. At the core of heart he knows that he is nothing other than ‘Pure Consciousness’. All members of the human race are his close relatives (‘Vasudhaiva Kutumbakam’), because all human beings are mere various expressions of a single entity—‘Pure Consciousness’. All living and non-living things of the Physical Universe belong to him. That is why, in the long history of human race, only the Indians never set out with arms to rob the land and properties of other human groups. The idea of universal brotherhood propagated by Christianity (‘Love thy neighbors’ — Jesus Christ) or the concept of non-violence preached by the Buddha are distant echo of the wisdom of the ancient Indian Seers. In the long history of mankind, time and again, many

human groups after being tortured by stronger races took refuse in the ever-peaceful lap of mother India. So, anyone who has visited the Indian subcontinent cannot be but struck by the heterogeneity of the people, which encompasses racial, religious, ethnic and cultural differences.

> *Civilizations have arisen in other parts of the world. In ancient times and in modern times, great ideas have emanated from strong and great races. In ancient and in modern times, wonderful ideas have been carried forward from one race to another. In ancient and in modern times, seeds of great truth and power have been cast abroad by the advancing tides of national life; but mark you, my friend, it has been always with the blast of war trumpets, and with the march of embattled cohorts. Each idea had to be soaked in a deluge of blood; each idea had to wade through the blood of millions of our fellow-beings; each word of power had to be followed by the groans of millions, by the wails of orphans, by the tears of widows. This, in the main, other nations have taught; but India has for thousands of years peacefully existed. Here activity prevailed when even Greece did not exist, when Rome was not thought of, when the very fathers of the modern Europeans lived in the forests and painted themselves blue. Even earlier, when history has no record, and tradition dares not peer into the gloom of that intense past, even from then until now, ideas after ideas have out marched out from her, but every word has been spoken with a blessing behind it, and peace before it. We, of all nations of the world, have never been a conquering race, and that blessing is on our head, and therefore we live.*
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> —Swami Vivekananda (1863-1902), renowned speaker of the Parliament of Religions in Chicago, USA in 1893]

Since the dawn of civilization wise men of all human groups toiled hard to get the answers to three eternal questions of human mind:

1. 'Who am I?'
2. 'What is the never-changing true nature of the ever-changing Physical Universe around us?'
3. 'What is the relationship between the mankind and the Physical Universe in which we are placed?'

Scientists in ancient India got answers to all these questions. Elaborate discussions about these answers are recorded in the voluminous treaties of the 'Adaita Vedanta' (the science of Non-Dualism). [Authentic historical records are there that many renowned expert scientists of this school of thought were women. In ancient India women were freely and whole-heartedly accepted, with due respects, to participate actively in all scholarly pursuits.] The 'Adaita Vedanta' is the most ancient of all the scientific schools of thought in the human history and it uncovered the truth about various secrets of the Universe through a rational and analytical mind. Inferences of the 'Adaita Vedanta' are based absolutely on logical deductions and on rational discussions about all the phenomena of the Physical Universe and about all the features of 'Life'. Not a single irrational, ambiguous idea is found in the books of 'Adaita Vedanta'. Renowned scholars of this school of thought convincingly proved that, there is no 'Two' in the Universe, all things and everything (living and non-living) are the diverse manifested forms of a single subtle entity, and that never-changing entity is nothing other than 'Pure Consciousness'. The surprising fact is that as modern science tries to answer these three eternal questions it is merely coming closer to the wisdom of stalwart scientists of ancient India. [*Vide: 'An introduction to Vedanta' —by Sri Jnananda Bharati, Published by: Sri Vidyatheertha Foundation, Chennai 600 004. This small but lucid book is very useful for the busy modern men to have a glimpse of the vast ocean of knowledge discussed in the ancient treaties of 'Vedanta'.*]

To get answers to above three eternal questions Western Scientists try to analyze various phenomena of the Physical Universe depending on some speculations. Very often the brightest speculative idea of today is being proved tomorrow

fallacious and utterly useless in explaining various phenomena of the Physical Universe and those of 'Life'. The gigantic monument of the 'Theory of Relativity' is based on a speculation that the speed of Light is a constant. Recently discovered findings on various phenomena of the Physical Universe are seriously questioning the truth about this speculation. [*Vide: 'Faster than the speed of light' by Joao Magueijo*]. At one time 'Atoms' were considered as ultimate subtle truth about the Physical Universe. Then we came to the ideas of subtler subatomic Matter particles—'Quarks' and force particles—'Leptons'. Now it is the era of 'String theory', which says that vibrations of some 'Strings' are the subtlest truth about the tangible Universe. Newer discoveries in modern scientific studies are making older ideas null and void. But the concept of 'Non-Dualism' invented by ancient Indian scientists remains acceptable to all wise men for more than last five thousand years. Many great personalities of all human groups have realized the truth described in this concept. They accept that, Consciousness is the only fundamental entity of the Universe and Consciousness is the only reality. They have also realized that, only the study of Consciousness can disclose the true answers to the above three perennial questions. [To some deep thinking personalities the tangible reality of the Physical Universe, about that we know through our sense organs, is mere a coarse wrapping paper covering the subtle truth about the Universe. Most of the members of the human society spend their whole life roaming on that wrapper—with pleasure and pain of the worldly life; they are least interested to make a hole on the cover for peeping deep into the truth. Since dawn of the human civilization body-mind-intellect of some other persons are ceaselessly engaged in pursuits to bring the hidden truth out to light. All scientific studies with small and big tools, all philosophical discussions, all religious rituals, all selfless services to mankind, all contemplation on that eternal truth transcending materialism are different ways, those help us to unwrap the wrapper. The fortunate few, who succeed in doing so, enjoy the everlasting bliss, free from all miseries, those we

suffer from daily in our worldly life.]

All organized religions have three main distinct facets. The first is the philosophical concepts about creation of the Universe and about genesis of the Human Beings. The second facet is the mythological aspect (consisting of history of great souls, folk-tales, parables etc.) elaborating those philosophical ideas and the third one is the given instructions about various rituals to practice. And it is said that these rituals must be observed meticulously to realize the eternal truth, which is described in the philosophical ideas of that particular institutionalized religion. 'Adaita Vedanta' per se is none of the above three aspects of any institutionalized religion. It is brainchild of those forest-living open-minded wise men of ancient India, who did not have much faith in the doctrines and rituals of organized religions. [However, historical records are there that, some deep thinking reigning monarchs of ancient India greatly contributed in this scientific study of 'Non-dualism' of 'Adaita Vedanta'. They applied the essence of teachings of 'Adaita Vedanta' in their personal lives and in the processes of serving their subjects. 'Adaita Vedanta' is a scientific pursuit with practical applicability in day-to-day life; it is not a mere intellectual gymnastics of mysterious hermits.] Philosophy, Mythology and Rituals of all known religions contain some ambiguous ideas, which no modern rational mind can endorse. But 'Adaita Vedanta' is a scientific discourse and its inferences are free from any ambiguity. So, modern men with rational scientific knowledge can study it. Moreover, followers of any organized religion have every right to study it because 'Adaita Vedanta' does not belong to any particular institutionalized religion. This all-inclusive doctrine is for all to study with open mind. ['Dualism' is the theological basis of most of the institutionalized religions in the human society. According to Dualistic view 'Creator', 'Nurturer' and 'Destroyer' of the creation and the creation itself are two different entities. According to the 'Monism' of 'Adaita Vedanta' inanimate and animate objects of the created tangible Physical Universe and the Cause (Creator)

of this creation is the same entity; and creator and creation are inseparable. 'Pure Consciousness' is that sole entity.]

The phenomenal Universe with all its planets and stars is the vast stage erected by Universal Consciousness. All the living creatures with their minds, sensory organs and motor organs are the actors playing on that stage. 'Pure Consciousness' enjoys this drama, residing in the human body and using human mind and human sense organs as looking glasses. [All living creatures including men have real images of 'Pure Consciousness' projected on them.] A good actor temporarily forgets his own real identity and pretends to reproduce authentically the behavior of the character of the enacted drama. An actor uses different masks, wigs, paints, costumes to separate himself from his own real identity; and dress himself up like that of the character of the enacting drama. Similarly we human beings deliberately forget the fact that we are nothing other than 'Pure Consciousness' and we willfully separate ourselves from 'Pure Consciousness' by putting on the 'Masks of Ego'. These masks are of different body-shapes, of varying physical-forms and body-colors, of various names and designations etc. The 'Mask of Ego' of an individual is his psychophysical body that keeps him separated from other individuals and prevents him from knowing anything about 'Pure Consciousness'; because his psychophysical body always remains busy in playing as an actor in the grand drama organized by MAYA. [According to psychologists 'Ego' of an individual is the sum total of instincts, impulses, drives etc of his Mind.] To keep the drama of Physical Universe running for enjoyment of 'Pure Consciousness'; our body-bound Consciousness wishfully forget that, all the dusts of the Universe, all the plants of our planet, all the animals of the Earth are nothing but diverse manifested forms of the only formless subtle reality—'Pure Consciousness'. It is just like the formless ocean water, which goes on creating waves of different forms ceaselessly. Formless 'Pure Consciousness' also does the same to create the Physical Universe with objects of different names and forms. Waves in the ocean of water erroneously consider themselves

separated from each other. One wave thinks itself as the broadest and the strongest. Another wave thinks himself as the tallest and mightiest with the brightest crown of froth on him. A third wave thinks itself as the most colorful one. But in reality all of those are mere formless seawater. Minor and insignificant differences in external features among the different waves in the ocean of water; are the 'Masks of Ego', those keep one wave apparently separated from other waves. An individual member of the human race also does the same mistake. We try to keep ourselves separated from others by our vanity by our ignorance about our oneness. We are proud of our beautiful young Physical bodies, of our respectable family backgrounds, of our designations, of our acquired knowledge about the Physical Universe, of our achievements in professional lives, of our accumulated Material wealth. Moreover, our designations and our status in the social hierarchy keep us separated from each other. You are a king, he is a beggar, I am a soldier; I am son of 'X', she is wife of 'Y', and he is father of 'Z'. He has faith in the religion 'M', you practice instructions of the religion 'C', and I am follower of an institutionalized religion named 'H'. I live in this part of the World; you live in that continent etc. All these superficial designations of our temporal existence act as 'Masks of Ego' and these prevent us from realizing our true identity—which is nothing but grand unity of all inanimate and animate objects of the Physical Universe. But we all are the same. We differ from each other only in our insignificant external parameters but not in our Being. All members of the human community should respect each other, love each other and should not disrespect anything in the Universe. Each and every object (animate and inanimate) of the Physical Universe has stipulated purpose to serve, definite role to play in the grand drama organized by Maya. Good persons, beautiful things have definite roles to play; wicked men, ugly things also have important functions to serve, for keeping the drama of this Universe of Matters ongoing. So, nothing is dispensable, none to ignore. This idea of peaceful co-existence with all things and everything of the Universe has been preached

by countless great personalities in the long history of human civilization.

Using the sense organs, nervous system and body-bound Consciousness of the living creatures of the Physical Universe; 'Pure Consciousness' observes His own creations. He indifferently witnesses all the beauty and ugliness in His various creations. Through us He enjoys how is the feeling of loving others and of being loved by others. Through us He knows what happens in the mind of a killer, in the heart of a torturer and how is the sensation of pain felt by the tortured and the killed. Through us He knows about pleasure of affluence and about plight of death due to starvation. Through us He feels the beauty of the Moonlit night enjoys the pleasant warmth of the morning Sun and knows about the dreadful fury of a tornado, about a catastrophic famine, about a devastating Earth quake, about the inferno of scorching Sun in a desert, about a nuclear holocaust. All these are mere different scenes of the grand drama organized by Maya and 'Pure Consciousness' is the only onlooker.

Never-changing, never-active, ever-witness 'Pure Consciousness' is the only entity that has real existence. 'Pure Consciousness' is without attributes.

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'Universal Consciousness' is the creation of 'MAYA'. 'MAYA' is the creative as well as destructive desires of 'Pure Consciousness' Himself. Universal Consciousness is 'ISHWAR' to an ancient Indian scientist, 'GOD' to Albert Einstein, 'NATURE' to some modern scientists, and 'BIDHATA' to poet and philosopher Mr. R. N. Tagore and to a modern Physicist it is 'SINGULARITY', a unitary state of the Physical Universe that existed before the occurrence of 'Big Bang'. Universal Consciousness is with attributes. 'MAYA' is inseparable from 'Pure Consciousness', just like power to burn is inseparable from a flame of fire. Burning power of fire has creative as well as destructive capabilities;

similarly 'MAYA' has power of both creation and destruction. 'MAYA' creates nurtures and destroys Universal Consciousness and Physical Universe according to Her wishes.

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Universal Consciousness creates the ocean of the Quanta of various Energies—nicknamed as 'Quantum soup'. This ocean of primordial Energies is the subject of study of 'Unified field theory' and 'String theory' of modern Physics.

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Portions of the 'Quantum Soup' after being bound by the 'SPACE-TIME-CONE' become Matters. So, all Matters remain in continuity with the all-pervading 'Quantum Soup' of the Physical Universe. As because Matters are in the realm of SPACE and TIME; they are always in a state of constant change.

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Conglomerations of various Matters and different Energies create all inanimate bodies, like Atoms, Molecules, Dusts, Stones, Planets, Stars and Galaxies etc. Laws of Physics and those of Chemistry are able to explain the different actions and interactions between the Matters and Energies in these inanimate bodies.

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Conglomerations of different Energies and Matters create some Physical bodies; and these bodies glitter with real image of 'Pure Consciousness' projected on them. These illuminated objects are all the living creatures including Man. Images of 'Pure Consciousness' are projected on all animate objects of the Physical Universe but not upon the inanimate objects. However, the degree of expressions of 'Pure Consciousness' is different in different living things. It is

least expressed in a Virus and most brightly flourished in human beings. Various Phenomena of Life those are inexplicable by the fundamental laws of Physics and Chemistry, are the results of the works done by the images of 'Pure Consciousness' on the body-bound Consciousness of living creatures. The fundamental basis of Life is neither the Atoms nor the Quanta of Energies but the deliberate actions of the images of 'Pure Consciousness' on some Physical bodies, known to us as 'Living Creatures'. As soon as the images of 'Pure Consciousness' stop projecting on some living creatures of the Physical Universe, those living things become life-less like a stone. This is 'Death' of the Physical body of that living creature. There is no difference between a dead man and a life-less stone; both of them are mere collections of various Energies and of different Matters, and both of them are without projected images of 'Pure Consciousness' on them. But body-bound Consciousness of that living thing would remain as-it-is eternally. Body-bound Consciousness of that individual would create a newer psychophysical body in the Physical plane. This is the basis of the idea of reincarnation described in 'Adaita Vedanta'.

Through the window of my room I see a tree, a goat and a big stone. All of these bodies are made up of Matters, and we know Matters are mere condensations of Quanta of Energies, and these Energies are creations of Universal Consciousness. All these three Physical objects are same in the ingredients; those are used in making them. The same Hydrogen, Oxygen, Nitrogen, Carbon, Sodium, Potassium, Magnesium, Calcium etc. and the same 'Weak Force', 'Strong Force', 'Gravitational Force', 'Electromagnetic Energy' etc. are used in making all these three bodies. These three things differ from each other only in the mathematical indices and these mathematical data are utilized in conglomerating the Matters and Energies in varying proportions. For example, a jar and a flower-vase both of them are made up of the same earth but they differ from each other in mathematical

parameters of lengths, breadths, circumferences etc. Stones, goats, trees all are made up of same ingredients (Quanta of Energies) but they are producing waves of different types in the ocean of Quanta of Energies surrounding them because they are products of diverse mathematical information. Various Matters and different Energies are used in varying proportions to create diverse objects of the Physical Universe. We know that, Physical bodies alter the Electromagnetic waves in the ocean of Quanta of Energies, in which the Physical bodies are floating. (Electromagnetic waves in the 'Quantum Soup' are partly absorbed and partly reflected by the Physical objects). My Retinae get those altered waves in the ocean of Quanta of Energies and my body-bound Consciousness interprets one conglomeration as a goat, second conglomeration as a tree and the third one as a stone. So, all objects of the Physical Universe are mere accumulations of Quanta of Energies and after knowing about them through the sense organs; human body-bound Consciousness interpret them as things of different names, shapes, colors etc. All of them are created from Universal Consciousness, so all of them have Consciousness of varying degrees; but the stone is non-living and other two are living—why? According to ancient Indian wisdom, real images of 'Pure Consciousness' are projected on the Body-bound Consciousness of the tree and that of the goat but that real image is not projected on the Body-bound Consciousness of the stone. That is why the tree and the goat, but not the stone show signs of Life. All the phenomena of 'Life' those are manifested in some objects of this Physical Universe are solely due to deliberate actions of the projected real images of 'Pure Consciousness' on them. Among the livings brightest image of 'Pure Consciousness' is projected on some Physical objects known to us as 'Human Beings'.

So, a man's existence is eternal, as his real identity is nothing other than Body-bound Consciousness illuminated by projected real image of 'Pure Consciousness'. Consciousness never takes birth and never dies. It is ever-present ever unaltered. Our Physical bodies but not our Soul is in the domain of the relativity

of Space and Time. So Birth, Senility, Diseases and Death, over time, are all mere changes only of our gross Physical bodies; but not of our inner Being, which is our body-bound Consciousness. There is no real difference between any two men, because in their Being, both of them are reflections of the same 'Pure Consciousness'. Normally human body-bound Consciousness remains unaware of 'Pure Consciousness' by putting on 'Mask of Ego'. This 'Mask of Ego' acts as a curtain between the Physical Universe of Relativity, of Names and of Forms on one side and the Name-less, Form-less Ocean of eternal Consciousness on the other. This 'Mask of Ego' keeps us bound to the stage show of this world of Matters; and prevents us from knowing about our true identity. When a person's body-bound Consciousness throws away that Mask; solutions to all secrets of this Phenomenal Universe and answers to all questions about the phenomenon named 'Life' become clear to him. Like 'Pure Consciousness' he also becomes detached observer of the Physical Universe and he becomes reluctant to participate in the insignificant drama of day-to-day activities of this World of Matters. Universe of Matters is then quite unreal to him. This is the complete and perfect renunciation of the Materialism that the Buddha and other great teachers had preached about. It becomes clear to him that this stage show of the ever changing Physical Universe is mere a wishful dream of 'Pure Consciousness' Himself. However, the very process of throwing away 'Mask of Ego' is tremendously difficult, as it is against the creative plans of 'Maya'. If all men could easily put off their Masks, the very drama organized by 'Maya' would come to an end. 'Maya' does not like that. In the long history of human civilization 'Maya' allowed only a few persons' body-bound Consciousness to realize 'Pure Consciousness' by throwing away 'Masks of Ego'. Such persons are respected worldwide as the great masters, as real Seers; some well-known names are—Jagyabalka, the Buddha, Christ, Sri Ramakrishna and others. In the West, the name of the process by which one could try to throw away his 'Mask of Ego' is 'Transcendental Meditation' and in the East it is called

'Samadhi'. In the treatises of 'Adaita Vedanta' elaborate discussions are there about the different paths to be followed by persons of different mentalities; and all these paths lead us to the same goal—realization of 'Pure Consciousness' by throwing away 'Mask of Ego'.

To a small child her toys are her world; she is always attracted to her toys. To a grown up person toys are useless artifacts; he is not attracted to toys. Similarly, to worldly men, like us, pleasure and pain of this tangible Universe of Matters are the causes of all our psychological bondage to materialism.

Pleasure and pain are two sides of the same coin. Some things and some situations bring pleasures to you; and lack of those things and absence of those situations are the causes of your pain. We long only for pleasures through sense gratification in our worldly life; but we get both of those; we cannot avoid the experiences of pain in our worldly life. The more we enjoy things and situations of the Physical world for sense gratification, the more we become indulged in those objects of sense gratification. We start running after those material objects with more and more vigor. This madness, this insanity, this intoxicated behavior of ours is nicknamed in the modern society as 'Rat race for material gain'. This rat race is the commonest psychological disorder of the most, if not all, members of the modern human society, where 'Consumerism' is the only philosophical basis of life. An enlightened soul is not attracted to the insignificant day-to-day proceedings of the drama of the material plane. He is ever free from all bondage. He is ever-detached observer of the beauty and ugliness of the stage show; he has no longing for sense gratification, so, he is beyond pleasure and pain of the world; he is always in a state of blissful calmness. For this reason great masters of all human races have ascetic existence of monks and hermits.

Constituent atoms of my body when I was an intra-uterine fetus or when I was a student of class XI are no more with this fifty-year old body of mine; because it is a known fact that, all the molecules of our bodies are constantly being renewed over

time. So, my intra-uterine body or my school-student body is no more existent. But my body-bound Consciousness illuminated by 'Pure Consciousness' remains unaltered in all the above three stages of my existence in this World of Matters. And only for that reason, I can remember lots of the things those I learned in my school days. 'I am' is not this ever-modifying lump of Physical Matters; but to all of us 'I am' actually means our eternally existing 'Soul' that temporarily resides in our ever-changing physical bodies made up of Atoms. 'Life' is nothing but the body-bound Consciousness of Physical objects illuminated by 'Pure Consciousness'. So, if you try to solve the mystery of 'Life' in Atoms and Molecules—you would never be successful. Intra-uterine body of Mr. 'X' was formed of some amount of Quanta of Energies (as Matters) and of some amount of information. His young-man body was made up of different sets of Matters with the previous set of information. Now his, this present old-age body is made up of completely newer set of Matters; but the basic information in all the three stages of his life is the same. This basic information acts as the thread in a garland; and this information is known to all of us as Mr. 'X'. (The idea of the legislative institution named 'Parliament of India' remains the same but its constituent members change once in every five years. The concept of the teaching institution named 'The Vivekananda Institution, Howrah', where I studied, is remaining as before, but the teachers and students of the same institution are continuously changing year after year. The 'Parliament of India' and 'The Vivekananda Institution Howrah' are basically concepts. They are not the buildings and temporary occupants of those buildings. Only the concepts have lasting values—gross things wither away, subtler entities like the 'Concept' persists. 'A man may die, nation may rise and fall, but an idea lives on'—John F Kennedy.) Intra-uterine body of now-fifty-year-old Mr. 'X' is already dead, his youthful body has eventually withered away in the past, and his present old body would be completely non-existent after some period of time in future; but that thread of information would remain undying eternally. This thread, this information is

our 'Soul', our body-bound Consciousness, which is in continuity with the eternally existing Universal Consciousness, which is creation of Maya; and Maya is creative and destructive desire of 'Pure Consciousness'.

According to the 'Adaita Vedanta' all living and non-living bodies of the Physical Universe are conscious as this concrete Physical Universe is created by Consciousness, of Consciousness and for enjoyment of 'Pure Consciousness' Himself. So there could not be anything that exists without inherent Consciousness in it. It is very difficult for skeptical modern men to endorse this unique idea of ancient India. But it is a fact. In the recent past two great personalities from India described their realization of this very truth. There is no reason to disbelieve them. The Sun of Truth does not become non-existent because of dark cloud of ignorance of human mind. [*'Facts do not cease to exist because they are ignored'*—Aldous Huxley] Poet Rabindranath Tagore once suddenly experienced in broad daylight that all living and non-living things near their house at Sadar Street, Kolkata, India were illuminated with absolute bliss of Consciousness. All things were radiant with divine joy. This supra-sensuous feeling persisted with him for few hours and then gradually faded away. On that day the poet wrote a famous poem describing that miraculous experience. There are many poems written by renowned English poets of different ages describing similar metaphysical experiences. Young Narendranath Dutta, who was well conversant with the inferences of western Sciences and of modern Philosophy, once laughed at Sri Ramakrishna when the Seer (Sri Ramakrishna) told Narendranath, 'All animate and inanimate objects are conscious.' Narendranath told his teacher, 'You are surely insane, so you are finding Consciousness in inanimate objects.' Sri Ramakrishna, stalwart scientist of ancient Indian wisdom in modern time did not mind and instead of arguing with the novice boy he just smiled. To help the disciple in realizing this truth Sri Ramakrishna just touched him with his palm. At that moment Sri Ramakrishna was in a state of supernatural ecstasy as his body-bound Consciousness was

enjoying celestial bliss of 'Pure Consciousness' Himself. The miraculous events started appearing instantaneously. For next three days Narendranath ceaselessly perceived that all things and everything in his surroundings were conscious. Even the food items, utensils, walls of the houses, Iron-fence of the nearby park were all found glittering with celestial luster of Consciousness. Modern Psychologists would love to ignore these experiences as mere hallucination of weak-minded persons. Hallucination is a common symptom of insane persons suffering from Schizophrenia. Is there any sane person under the Sun who would consider poet Rabindranath and Narendranath (Swami Vivekananda) as Schizophrenic persons? Rabindranath was awarded Noble Prize for his literary excellence (in 1913). Knowing about Swami Vivekananda's deep and clear insight into all things and everything of the Universe; authority of a world-renowned University in the USA offered him a post of visiting lecturer in that University.

Any acidic substance makes blue Litmus red. Learning this fact from a book or from his class-teacher; a high school student has every right not to believe it. The boy would be convinced only after observing the results of the experiments performed at the Chemistry Laboratory. 'Seeing is believing.' (However, we should keep aside problems of optical illusions.) Likewise, no one should take the teachings of 'Adaita Vedanta', the science of 'Monism', granted without critically judging those teachings and without seeing 'Pure Consciousness' as the only name-less, form-less subtle truth behind the gross Physical Universe of innumerable things with names and forms; as stated by 'Adaita Vedanta'. Yes, all members of the human race have the power to see that. Anyone could realize that, it is 'Pure Consciousness' and 'Pure Consciousness' alone is the only ingredient used in creating this tangible Universe of Matters, in which we are temporarily placed. However, we cannot realize this fact with our Physical Eyes, made up of flesh and blood. We could know about 'Pure Consciousness' only with the help of our intuition, which is nothing but inner Eyes of our body-bound Consciousness.

According to ancient Indian scientists, name of the science of 'Adaita Vedanta' is 'Darason'; English translation of this Sanskrita word is ''To see''. Ancient Indian scientists told repeatedly that, one must learn about 'Pure Consciousness' from treaties and from Seers; but this second-hand knowledge is non-convincing. After knowing about 'Pure Consciousness' from different sources one should work hard to make his inner Eyes open, so that he himself could realize the truth about 'Pure Consciousness', about the Physical Universe and about the phenomenon named—'Life'. ''See Him first with the inner Eyes of your own body-bound Consciousness, then and only then you would be able to accept 'Pure Consciousness' as the only subtle reality of all things and everything of the Universe''—this is the rational teaching of ancient Indian scientists. Only goal of the human existence on this Material plane is to experience the grand unity of all animate and inanimate objects of the tangible World with 'Pure Consciousness'. Mere knowing this fact from a teacher or from scriptures is not our sacred goal. We have to experience this very truth through open intuitive eyes of our body-bound Consciousness.

With the help of human Brain (part of our concrete Physical body) and with our subtle organ named 'Mind' body-bound Consciousness of any person could realize the Universal truth about existence of 'Pure Consciousness' and the very relationship of 'Life' and of Material World with 'Pure Consciousness'. [According to ancient Indian scientists, our Physical bodies are made up of coarse Physical Matters; and our minds are made up of finer Matters. Like all tangible Matters of the Physical Universe these finer Matters are also subject to constant change over time. So, our minds are always changing, always restless.] But very few of us have this realization. Minds of the most of the persons of this World of Matters are clouded with three vices. Our unclean mind can not reflect this eternal truth about the Universe. As a result, this subtle truth remains unknown to us. The vices those are referred to here are 'Lust', 'Anger' and 'Fear'. Lust is uncontrollable desires for pleasures of human

Physical body, intense greed for accumulating Material wealth and undying craving for more and more power to subjugate other fellow human beings. Think of a person who suffers from intense craving for plentiful Material wealth; but he is not competent enough to accumulate lots of it from the never-ending ocean of Physical Matters created by 'Maya'. He would suffer from self-hatred and he would be envious at others' fortune. Unfulfilled desire, self-hatred and jealousy would make him angry with himself and with other persons around him. His mind, already clouded with greed, would become dirtier with another vice named 'Anger'. Angry mind would lose the power to determine what justified action is and what is not. There is every possibility that such a person would indulge in illegal, immoral, unethical activities to fulfill his passion for wealth. In these ways he might get mound of material wealth but his mind would always be filled with 'Fear' of being dragged to the custody of law enforcing authorities of the human society. So, fulfillment of his greed does not bring peace in his mind. This vicious cycle of 'Lust—Anger—Fear' would make his mind unhealthy and unhealthy mind would make his body disease-prone. The same thing happens with a person having Lust for bodily pleasures. For his uncontrolled passion for sense gratification he would also be prey to 'Lust—Anger—Fear'. Moreover, minds of most of us are always filled with regrets about our past inauspicious deeds, with lamentation about our past bitter experiences, with pride in our past achievements and with baseless apprehensions about our future. Our minds always swing between the sweet and bitter memories of the past on one side, and the irrational dreams and baseless sense of insecurity about our future on the other. We could not keep our mind steady in the present moment; we forget the power of 'NOW'. For this reason we could not do anything whole-heartedly. Our half-hearted endeavors with unclear mind make our body-bound Consciousness unable to realize the existence of 'Pure Consciousness'; Who Himself is the eternal 'NOW'. 'Pure Consciousness' is beyond the realm of Time. So, He has no past, He has nothing called future—He is always in

Present—He is unchanging 'PRESENT'. For this reason Sri Ramakrishna said times and again, 'Ever-unsatisfied lust for bodily pleasures and never-ending craving for Material wealth are two worst enemies of the modern men. These two vices destroy their mental peace and physical health; and make them unable to realize the subtler truth about the Life and about the Universe'.

We cannot change the results of our past deeds and of our past experiences; so, to get rid of the negative feelings about our past deeds, we must forget and forgive those all. There is complete uncertainty about outcome of our future deeds and about our future experiences. So, it is useless to think too much about our future. Too much pondering over our future only distracts our concentration from our present situations. Our body-mind-intellect-conscience should be fully engaged, should be non-distractedly focused in all our deeds and experiences, those we are facing at this present moment. If we could do this, all our endeavors would yield richer fruits. This is the power of every moment of 'NOW'. If we non-distractedly feel and experience all our works, all those things we are enjoying as foods, all the climatic conditions those we are facing, company of all the persons whom we are coming across in our lives, all the good and bad situations we are encountering with; we would gradually become non-involved observer of the drama of the Material World organized by Maya. We should experience all those as 'Pure Consciousness'. This contemplation about 'Pure Consciousness', this noninvolvement with materialism is one of many ways of realizing 'Pure Consciousness'.

'Greed for Power' or 'Lust for Supremacy' is creating all the burning problems in modern human society. Members of all different human groups, followers of different social and religious ideologies are thinking themselves as the best group on this planet. Moreover, one group is expecting that the people of other groups should accept them as the best and the most powerful one. Persons of this first group also demand that all other human groups should be their subordinates. If someone

refuses to accept them as supreme power they would never hesitate to perish him. Followers of one organized religion think themselves as the most civilized persons on the Earth and they left no stone unturned to impose their ideas on persons of other faiths. A second, a third and a fourth religious group also thinks in the same fashion. These dogmatism, megalomania and intolerance among the followers of different religious groups are the main cause of terrible bloodshed, time and again, in the long history of human existence on the Globe. Similarly, the persons having faith in Socialism would like to make all other men Socialist. If anyone refuses to endorse the very ideology of Socialism, the Socialists would kill him under the pretext of 'Class-struggle'. Capitalists would impose 'Economic embargoes' and if necessary, deployment of naked military forces against a nation that denied to accept Capitalism as the only way of life on the Earth. We must not forget the fact that, no particular religious doctrine and no particular man-made social-political-economic ideology is absolutely good for each and every member of the human race. But still persons of all different human groups think, 'We are the best, and our views are the best way to follow for welfare of all persons on the Earth.' In the Philosophy of all institutionalized religions, in all the various theories found in the studies of Sociology, Politics, Economics etc. there are some brighter aspects and at the same time there are also some not-so-good ideas. Some ideas are beneficial for a large number of the members of the human race; but some are not. There could not be coins without having two sides. Beautiful flowers of good ideas and ugly thorns of harmful instructions do co-exist with each other, in most, if not in all known doctrines existing on this Planet. There would be no more any conflict between different human groups, if we could selectively compile all auspicious and brighter ideas from different social and religious doctrines; and follow those sincerely in our social and personal lives. Only this could bring real peace and perfect harmony in human society. We must stop following any social or religious ideology blindly. We should learn to judge those all by our clear and unbiased

conscience. This idea of synthesizing good points from all existing social and religious doctrines is the greatest teaching of Sri Ramakrishna to modern men. He asked us to string a garland using flowers of various colors and fragrances plucked from as many plants as we could. He advised us not to disrespect or disregard any flowering tree while accumulating flowers.

On 11.09.1893 at the Parliament of Religions in Chicago, USA, Swami Vivekananda proclaimed that lasting peace and perfect harmony would prevail in human society only if we follow the teachings of Sri Ramakrishna. Because Sri Ramakrishna is the only person in the long history of humanity, who observes that, there is some truth in all religious and in all social doctrines, so we must accept all of those in our life. (However, Sri Ramakrishna advised us to be very much judgmental in doing so, just to avoid the thorns of harmful instructions, some of which are always present in all man-made doctrines. He also advised us to discard those instructions in all doctrines, which have lost their usefulness in the present day situations of modern men. He allegorically said, 'Herbal decoction was good cure for fever in age-old days; but now-a-days Cinchona of Dr. D. Gupta is a better option.') We did not bother ourselves to pay heed to those historical sayings of Vivekananda and to this unique all-accepting ideology of Sri Ramakrishna. We did listen to Vivekananda but we did not follow his advice, as we did never pay serious thought to what old masters (the Buddha, Christ and others) had told us to do. History tells us that number of the true followers of the teachings of great masters was always very small. Mind of most of the worldly men are always intoxicated with lust for bodily pleasures, with undying craving for Material wealth, with ever-increasing greed for more and more power to subjugate other fellow human beings. So, our mind is never ready to accept the good advises of great masters. This is the worst tragedy in the long history of the human civilization. We discarded all the preaching of the Buddha, Christ, Sri Ramakrishna-Vivekananda and others. So, after 11.09.1893 we had misfortune of witnessing

the occurrence of two great world wars and God forbid, mankind might have to suffer a third one after the incidence of mass killing on 11.09.2001 in New York, USA. [*"It is not for him to pride himself who loves his own country, but rather for him who loves the whole world. The earth is but one country and mankind its citizens."* —Baha'u'llah]

Due to ever-increasing differences of opinions among various human groups; due to mounting mistrust among different members of the human society and due to ceaseless production of more and more weapons of mass destruction; the very existence of Homo sapiens on the surface of the Earth is at stake. To save ourselves from total extinction and to keep the Earth (our only abode) alive we must have to pay heed to sayings of Sri Ramakrishna-Vivekananda. 'Adaita Vedanta', oldest scientific discourse in the history of human civilization, is the theological basis of the all-inclusive, all-accepting ideology preached by Ramakrishna-Vivekananda. Here we are quoting some of the sayings of Vivekananda, principal disciple and renowned spoke-person of Sri Ramakrishna :

1. *"Sectarianism, bigotry, and its horrible descendant, fanaticism, have long possessed this beautiful earth. They have filled the earth with violence, drenched it often and often with human blood, destroyed civilization, and sent whole nations to despair. Had it not been for these horrible demons, human society would be far more advanced than it is now. But their time has come; and I fervently hope that the bell that tolled this morning in honor of this convention may be death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal."* —This was the speech of Swami Vivekananda at the World's Parliament of Religions, Chicago, USA on 11 09 1893.
2. *"I shall go to the mosque of the Mohammedan; I shall enter the Christian's church and kneel before the crucifix; I shall enter the Buddhistic temple, where I*

shall take refuge in Buddha and in his Law. I shall go into the forest and sit down in meditation with the Hindu, who is trying to see Light, which enlightens the heart of every one. Not only shall I do all these, but I shall keep my heart open for all that may come in the future." — Swami Vivekananda

According to one of the two well known Philosophical ideas of modern Europe, the only driving force that leads the personal and social lives of Human beings on the Earth is 'Libido'—lust for bodily pleasures, craving for sense gratification. The second one teaches us that, the Human social life and the long history of human civilization on the Earth are being led only by the various systems of procuring more and more material wealth from the Universe of Matters. Sri Ramakrishna, great master of nineteenth century India said,''Neither the never-quenchable thirst for bodily pleasures nor the ever-unsatisfied urge for accumulating more and more material wealth leads the personal and social lives of human beings. Personal and social lives of men and history of mankind as a whole are guided only by the auspicious qualities of human mind (like Love, Sympathy, Empathy, Purity, Conscience, Humility, Fellow-feeling etc.). These good features of human heart are popularly known as: 'The expressions of Divinity already in man.' 'Divinity in man' is nothing but the works done by projected real image of 'Pure Consciousness' on human body-bound Consciousness. So, 'Pure Consciousness' and 'Pure Consciousness' alone is the only leader, our only ever-helpful guide in all aspects of human life on the Earth''. Ancient Indian scientists (most of them were rational scientists at brain and finest poets in heart) allegorically describe 'Pure Consciousness' as the ever-ready charioteer who leads us on the path of life. The chariot with the horses is the human body-mind-intellect, warrior Arjun is the body-bound Consciousness; and body-bound Consciousness is illuminated and guided by the charioteer Sri Krishna, the 'Pure Consciousness'.

We come to the conclusion that, the Physical Universe, which we perceive through our sense organs, is a vast stage on which

we (all animate and inanimate objects) are mere actors and Universal Consciousness is the sole director. If we think about Him with undisturbed mind, we would feel his presence everywhere and on every moment, this is because, human body-bound Consciousness is in continuity with Universal Consciousness.

So, while treating a patient doctors must be very much aware of the fact that, the director (Universal Consciousness) is working through one actor (body-bound Consciousness of the doctor) on a second actor (body-bound Consciousness of the patient). A doctor has no reason to be proud of his professional achievements; and at the same time, need not be mentally depressed after a non-deliberate mistake committed while treating a patient. This is because we are mere puppets in the hands of the great puppeteer; we are innocent, indifferent machines being operated by the wisest machinist. [However, doctors are not at all being advised to be fatalistic fools who do not take sincerely any responsibility in accomplishing a serious job in life.] There is no doctor under the Sun who has never made any mistake in his life. Mistakes are committed only by those men, who are engaged in accomplishing some actions; but not by the idle men who lead effortless vegetative lives. Incidences of anxiety, depression and other mental stress related disorders are rapidly increasing among doctors due to various socioeconomic constrains and due to constant fear of being dragged to the court of law for any non-deliberate lapse in doing their work. For these reasons addiction to psychotropic drugs is not at all an uncommon menace in a large number of the members of medical community. All these factors are causing harm not only to the mental and physical health of an individual doctor but are also retarding the rate of progress of clinical medicine. Scared doctors are no more venturing to think in a newer way to solve any given intractable problem and to remain on the safer side they are only doing what they are being told to do by the paid scientists of the Pharmaceutical companies.

Paid scientists of Pharmaceutical companies are inventing newer modes of treatment for human ailments. To determine

efficacy of those newer inventions Pharmaceutical houses are recruiting some doctors for collecting clinical data on their behalf. The data thus accumulated are extensively propagated as 'Evidence based medicine'. Are these processes of collecting data always unbiased? Sometimes they are not. Very often employed doctors fabricate data to fulfill profit motives of the employing commercial houses. Moreover, while collecting these data investigators often forget the very fact that, the human race is not monolithic. They frequently ignore the well-known fact that, all things and everything is not equally good for all members of the different human groups. This is because different human groups have significant genetic variations. [Some of many examples are cited here: Fatty acid oxidation rates are slower in lean Afro-American women than in lean white women and this physiologic or biochemical differences have an underlying genetic component. Acetylation reactions are faster in Indians than in other human groups. So Indians require higher doses of the drugs those are detoxified in the body by the process of Acetylation. Among all human groups the Indians are the most susceptible to premature Atherosclerosis. Genetic markers for this have already been discovered.] Moreover, climates of their habitats, their cultures, and their day-to-day food habits etc. of different human groups are quite different and these variables have immense impact on the outcome of any human activity and on human mind and body. Treatment plan chalked out for a beef eating gigantic Westerner is not at all applicable for a frail vegan from Indian sub-continent though both of them are suffering from the same disease.

Of late doctors are depending too much on those data propagated by Pharmaceutical companies. Excepting a few open-minded doctors most of them blindly follow what Pharmaceutical houses ask them to do. They ignore the vast amount of clinical data and expertise, those they themselves are gathering in their day-to-day practice. Blind following of the instructions of Pharmaceutical companies very often yields bad but not good results. So, to chalk out any treatment plan doctors must

critically judge all new information in the light of the evidences they themselves accumulate in their daily works.

An Indian Pharmaceutical company, marketing Methylcobalamin (MC), invited some experts from Japan who discussed about the proven efficacy of the drug in treating patients of Diabetic neuropathy. Prescribing the drug to some of my patients, I got more or less good results. Few months later another company arranged a seminar on the efficacy of some vegetable oil in the management of Diabetic neuropathy. The speaker was from some country of the Western Hemisphere. After the speech I asked his opinion about MC in treating the cases of Diabetic neuropathy. His reply was that MC had no beneficial effect in managing Diabetic Neuropathy. I told him politely that I had been getting reasonably good results using MC in the patients of Diabetic neuropathy. The Diabetologist became furious and asked me to ignore my own clinical experience and advised me to use only that vegetable oil, instead of MC, in treating the cases of Diabetic neuropathy. Should I ignore my own observations and follow the instruction of a purchased doctor? [Vide: BMJ South Asia Edition Vol. 19 No. 6 August 2003 Page 492-494]

In most of the countries of the world doctors are probably the most strained professionals in the society. They are always under pressure from various factors—professional, social, legal, financial etc. Sorry to say, medical practice is a thankless job. When a patient is cured of ailments, the patient's kith and kin very often say, 'God has saved his life'. Despite your sincere efforts, if the patient were to die his relatives would say, 'The wicked doctor has killed him'. Toiling hard, sacrificing your family life and personal comfort, exposing yourself to the risks of afflicting serious life-threatening infections you have successfully managed 99 cases out of 100 patients. People would not appreciate your service to the society. They would say, 'you have done just that what you are supposed to do for your livelihood. You are no better than a grocer who sells goods for money and you sell your services against remuneration.' But if you commit very minor human error in managing 1 case out of

100 cases, those very people would come forward first to drag you to the court of law. And forgetting your sacrifice for the wellbeing of the society at large they would treat you like a third-grade criminal. Persons having no knowledge about the ever-flourishing science of Medicine would come up to judge whether your treatment plans were correct or not. For his deliberate crimes a professional murderer, if convicted, gets only one punishment—either life imprisonment or capital punishment. But for a very minor human mistake in treating a patient a doctor gets three types of punishments. His license to practice Medicine would be withdrawn which is nothing but death sentence to a practicing doctor. Forum for redressing consumers' grievance would ask the doctor to pay heavy penalty as compensation to the patient or to his relatives. Police personnel would start criminal proceedings at the court of law against the doctor and that would make the doctor's life miserable one. There are ample authentic records that, the misleading and vengeful ideologies of some politicians bring unbearable misfortune in the lives of many human groups; that utterly wrong judgments in the court of law usher in worst sufferings in the lives of many innocent persons; that mistakes committed by an engineer cause premature destruction of an important structure. Has anyone ever heard that these persons are being dragged to the court of law for their mistakes? But, of late, more and more doctors are being harassed even for their trivial mistakes. For these reasons in many countries good students are no more interested in considering medicine as their future career. This would hamper advancement of medical science as a whole. However, there are doctors who are proud of their academic excellence and of their professional achievements; and out of vanity they sometimes misbehave with the patients and with the relatives of the patients. Moreover, there are doctors whose only goal in life is to accumulate lots of Material wealth utilizing this noble profession. They often undertake unethical, sometimes even illegal activities to fulfill their greed. Regulatory bodies should frame stringent laws to keep such practitioners at bay. But the most deplorable fact is

that, in the long history of human civilization lots of man-made regulatory laws have been framed, and are continuously being framed; but all those laws have failed to make the human society free from miscreants. Miscreants are there in all walks of life; and their number is increasing rapidly in most of the countries of the World. Legislators of all nations always keep themselves busy in making piles of laws to keep the human society free from wrongdoers. Are all these exercises of ours successful in cleansing the human society? If you are not biased by any doctrine already in vogue in human society; if you could observe everything critically, impartially and open-mindedly; you would surely be sorry to find that, in most, if not in all nations on the Globe miscreants are reigning over the good-hearted innocent persons. If someday we could make all members of the human society having strong moral character, the ever-increasing need for framing newer laws to regulate all human activities would not be there. No man-made regulatory laws but our conscience (which is expression of the 'Divinity already in man') would then guide us in determining which a rightful action is and which wrong deeds are. [If the bricks were of good quality, if the stones were sufficiently strong, if used cementing substances were perfect; then the constructed structure would be a good one. If every individual member of any society were good, that very society as a whole would definitely be a good one.] To achieve that, we must have to make all persons conscious about their divine nature, about their real identity. To be a perfect doctor one has to be a man of good moral character with unshakable professional integrity. Knowledge about Consciousness and awareness about the true identity of themselves and that of their patients might help them to be an ideal doctor.

If you find someone doing something harmful for some other persons; performing some actions detrimental to welfare of some individuals or to the human society as a whole; don't criticize that miscreant bitterly, don't try to restrain him by man-made vengeful penal codes. These counter-offences would only make him more and more dog determined in doing those inauspicious

deeds. It is a common experience that, mercy bears richer fruits than strict justice does. (*'In taking revenge, a man is even with his enemy; but in passing it over, he is superior.'*) We should honestly try to make such a person aware of his divine nature; we should sincerely try to awake his sleeping conscience. This is the only way, best way and positive way of cleansing the modern human society—thousands of man-made laws would never be able to do this cleansing. Time-tested concept of Monism of 'Adaita Vedanta' would be our philosophical, theological, ethical platform, standing on which we would pursue whole-heartedly to achieve that sacred goal. ('*You are infinite, you are eternal. In you is the infinite power. You are free, you are divine.'*—Swami Vivekananda. —This is the butter churned out from the milk, milked from the teachings of 'Adaita Vedanta') Swami Vivekananda, greatest dreamer of future flawless human society hoped that, one day each and every member of the human family would realize at the core of his heart, this eternal truth about the divinity of man. This realization would awake their conscience. Ever-awake conscience of all men would prevent them from doing anything inauspicious in their personal relationships and in their social lives. Human society as a whole would then be lifted to a higher level of civilization.

We human beings are glued together into a single mass by Universal Consciousness and by 'Quantum Soup' created by Universal Consciousness. Uncharitable thoughts and deeds of any member of the human race adversely affect all members of the race. Auspicious thoughts, benevolent actions of any man tend to bring harmony and peace in the whole human society. To describe oneness of Earth's atmosphere meteorologists allegorically say that, the Energy emanating from the fluttering wings of a butterfly in the rainforest in South-Asia might be augmented in the air to cause a tornado on the US coast. All actions of each and every member of the Earth's Biosphere affect the whole Biosphere somehow or others. Likewise, collective auspicious thoughts and deeds of all members of the human race would lift the human society to a higher level of civilization; and the Earth

would be free from various adversities. The panacea for all the problems of the modern human society is our never-distracted awareness about the grand unity among us—but not the political pacts, not the economic treaties. If we were always aware of our unity all evils like—rabid nationalism, ruthless terrorism, heartbreaking economic exploitation would be eradicated from human society. Ever-lasting peace, stability, happiness would prevail in the human society if we learn about grand unity of all things and everything of the Universe from the theory of 'Monism', preached in the treaties of 'Adaita Vedanta'.

Let us think about a situation in the second innings of a limited over international Cricket match, when the number of runs yet-to-be-scored is far more than the number of the balls left-to-be-bowled. What does Indian Cricket captain very often do in such desperate situations? Keeping aside the conventional copybook Cricket he improvises his shot to every ball; and very often he briskly comes out of the crease on the pitch to hit the ball hard so that she sails out of the playing arena over the ropes. When he is successful in his efforts, whole Nation gives him a big round of applause. Despite his sincere efforts when he fails to win the match, no one blame him for his unconventional Cricket, no one drag him to the court of law with the charge of deliberate deviation from copy-book defensive strokes. In desperate situations when life of a patient is at stake; and officially recommended conventional measures are not working well, doctors also used to deviate from conventional treatment plans, as an attempt just to save the life. Many new avenues of treatment modalities opened previously due to courageous efforts of many brave doctors, who ventured to think in a different line to solve a given intractable problem. This is the only process by which the modern Medical science has developed itself to such a vastness. [In the mediaeval Europe officially recommended standard practice was to pour boiling oil in the wounds (as local anesthetic agent and as haemostatic measure) before surgical repair. In 1536, while working on many wounded persons in a hospital near a battlefield; a young French army surgeon could not get plenty

supply of hot oil. To save life of wounded persons he improvised his surgical procedures and continued to work without hot oil. Later on he was astonished to discover that, the wound healing of the persons who had been operated upon without hot oil, was far better than that of the cohort pre-treated with hot oil before surgical intervention]. Of late, this process of advancement of Medicine is seriously hindered as doctors are no more venturing to think anything new to cure a particular patient. Really most of the modern doctors have stopped treating the person who is unwell. They only try to cure the diseases of the ailing persons. Measures to be taken for curing and controlling human diseases are officially recommended by paid scientists of commercial houses and these recommendations are being recorded in the textbooks. To remain on the safer side, most of the doctors blindly prescribe those measures; without judiciously considering what might be the outcome of such measures to that particular patient to whom these measures are being applied.

They very often fail to consider every aspect (personal, social, psychological and at times even physical) of the person to whom they are prescribing curative measures. Doctors are no more deviating from these recommendations, even when slight modifications of textbook recommendations are needed for treating a particular patient, even when improvisation in recommended treatment plans is necessary to tide the patient over a difficult situation. Moreover, no two patients are hundred percent similar, though both of them have the same major illness. Now-a-days doctors are reluctant in individualizing their service to ailing fellow human beings as because they are always afraid of being dragged to the court of law with malpractice charge. Moreover, the doctors are very much convinced that so long they are following the official recommendations meticulously; no court of law under the Sun would be able to convict them; whatever might be the results of those recommended measures on that particular patient. These stereotyped and bookish treatment plans, these blindly following of the recommendations of various professional bodies very often do immense harm to

the patients. Most deplorable fact is that, we modern doctors are forgetting the badly needed holistic approach to the health care service that we render to the humanity. Holistic treatment means cure for the ailing Physical body, bringing consolation to disturbed mind and imparting bliss to the Soul of the diseased person. (However, we should always be aware of the fact that, body-bound Consciousness or 'Soul' of a living thing remains ever untouched ever untainted by pleasure and pain of the body and mind.) Recent rampant commercialization of health care service is making us puppets in the hands of business houses. And this business-orientated motives of the doctors are killing the very 'Art of healing'—the art, which is as old as the presence of the human race on the surface of the Earth. Some open-minded medical scientists have realized this. They are now trying to relearn the forgotten holistic art of serving ailing human beings from the healers of the aborigine people, who are marginalized from the so called main stream civilization. Their art of healing has not yet been polluted with the profit motives of the commercial houses of so-called mainstream civilization. (Vide: 'Healthy Mind, Healthy Body—New thought on Health/A Vedanta Kesari Presentation.' Published by Sri Ramakrishna Math, Chennai 600004 India.). Modern doctors very often look down upon this traditional wisdom, this age-old art of healing, practiced by these marginalized people. They erroneously think that these alternative approaches to health-care service are unscientific and irrational. We should not discard and disrespect this time-honored wisdom as—'Alternate medicine'. So, called 'Alternate medicine' and 'Evidence-based' modern medicine are not mutually exclusive. They are complementary to each other. Articles in many international medical journals have described the fact that, those who get treatment of both the classes simultaneously show better outcome than the cohort, whose treatment planes are restricted only to the science of modern medicine.

Doctors define Type-II Diabetes in essentially negative terms. Type II Diabetes is a non-ketotic form of Diabetes and it is not

linked to HLA markers on the sixth chromosome. It is not associated with islet cell antibodies or any other immune component; and patients of Type II Diabetes are not dependent on exogenous Insulin therapy to sustain their lives. Similarly we can try to understand 'Pure Consciousness' in negative terms. 'Pure Consciousness' is neither Energies-Matters, nor Space-Time. But Energies, Matters, Space, Time all are created out of 'Pure Consciousness'. He is neither here nor there but He is everywhere. He is neither good nor evil but He is the very Being of all things good and bad in our judgment. He is neither Light nor Darkness, but He is the essence of all the things bright and dark. He is neither existent nor non-existent. But He is the Existence. He is neither sorrow nor joy but He is Pure Bliss, and Bliss is something, which is beyond the feelings named 'Sadness', 'Joy', 'Pleasure' and 'Pain'. He is neither 'He' nor 'She', but He is ingredient of all male and female animate objects of the material plane. He is neither born nor unborn, but He is all things those take birth and die. Human languages cannot describe Him. Our skin cannot feel Him. Our ears cannot hear Him. Our noses cannot smell Him. Our tongue cannot taste Him. Our physical eyes cannot see Him. Our subtle organ 'Mind' cannot know about Him. But without Him our eyes cannot see, our skin cannot feel, our ears cannot hear, our noses cannot smell, our tongue cannot taste, our Mind cannot think. So long my body-bound Consciousness is illuminated with direct image of 'Pure Consciousness' my 'Mind' can think about love and hate; my eyes can see beautiful and ugly things; my ears can hear the symphony and cacophony; my tongue can enjoy tastes of sweet and bitter things; my skin can experience hot and cold; my nose can appreciate fragrances of Roses. As soon as the direct image of 'Pure Consciousness' ceases to be projected on my body-bound Consciousness all my organs would stop working—this is 'Death' of my Physical body made up of Atoms, but not of my body-bound Consciousness, Who is immortal, imperishable and eternally immutable. [*"I have neither death, nor fear of death; nor was I ever born, nor had I parents. I am not misery, nor*

ever I had misery; I am not enemy, nor had I enemies. I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He." —Shankaracharya (686AD-718AD)

Our Mind knows about any newer thing by judging the features of that thing in the light of the knowledge, already stored in the memory, about the things of the Physical Universe. (Memory is just like the ready-to-use data kept in the hard disk of a computer). 'Pure Consciousness' is not like the object named 'X', it is not like the object 'Y', it is not like the object 'Z'; and for that matter it is not like any thing of the Physical Universe. Although 'Pure Consciousness' is the only ingredient used in creating the objects 'X', 'Y' and 'Z', and for that matter all things and everything of this concrete Physical Universe. [A mound of earth is not like a flower-vase, a mound of earth is not like a pitcher, a mound of earth is not like a pot, a mound of earth is not like a drinking vessel; though all these objects (with specific names and definite forms) are fabricated using the formless mound of earth.] Our Mind stores the knowledge only about things of the Physical Universe and it accumulates those data through our sense organs. Our Mind has no preconceived idea about 'Pure Consciousness', so it fails to know anything about 'Pure Consciousness'. However, our body-bound Consciousness has capability to have glimpse of 'Pure Consciousness' with the help of our central nervous system and with active participation of well-trained human Mind. According to ancient Indian scientists only goal of human life is to have a glimpse of 'Pure Consciousness' and to enjoy His bliss. If we try sincerely we could reach to that goal in our life time by purging out negative thoughts (Lust, Anger, Fear, Envy etc) from our mind and by knowing that Maya creates this illusory Universe of Matters just to hang a curtain between our body-bound Consciousness and 'Pure Consciousness'. If we could make our mind clear like a spot-less Diamond, if we had a strong desire, if we had undistracted longing for having the glimpse of 'Pure Consciousness'; and if Maya would kindly allow us to have that, then and only then our body-bound Consciousness could peep

through that curtain. In the long history of human civilization many masters had tried hard, time and again, to teach us the processes of cleansing our mind, preached us about our true identity, but excepting very few persons most of us did not pay heed to their sacred advises. Almost all worldly men love to remain intoxicated in the pleasure and pain of the ever-enacted drama of the Physical Universe, organized by Maya. We forget the fact that, all things and everything of our life that we lead here on the Earth are unreal save the relationship of our body-bound Consciousness with 'Pure Consciousness'. This eternal relationship is only real thing in the universe. This is not an absurd idea of a mystic but an inference of logical deduction made by ancient Indian scientists.

Here is an anecdote to explain how human Mind works. A foreigner brought a boar to the royal court of a country where people had seen boar never before. The king asked the learned men of the court to tell him about the animal. In the Minds of those pundits there were no information about that animal as because they had not seen boar and had not heard about boar before; but in the hard disk of their Mind there were stored data about Elephants and about Rats. Instead of disclosing their ignorance about that new strange animal, they pretended to show as if; they were well equipped with answers to all the questions under the Sun. The clever men told the king that, that creature was not a new animal to them. According to them that creature was merely a well-feed fattened Rat or an under-nourished decaying emaciated Elephant. We worldly men cannot know about 'Pure Consciousness' easily, as because our untrained Mind always tries to know about 'Pure Consciousness' in the light of the accumulated knowledge about the things of this Universe of Matters; but 'Pure Consciousness' is not like anything of the Universe of Matters. Only a good preacher, who himself has a glimpse of 'Pure Consciousness', can train our Mind. Our trained Mind learns the very processes of knowing about a newer thing without assistance of accumulated knowledge stored in our memory. To see 'Pure Consciousness'

with the help of the intuitive Eyes of our body-bound Consciousness we must have to take help of a real Seer. Training of our mind under a real guide is essential for accomplishing anything that we wish to do. For example, if you wish to enjoy writings of Rabindranath Tagore, you have to make your mind trained in Bengali alphabets and in Bengali Grammar with the help of a person who has sufficient firsthand knowledge about the subject. If you wish to go to Kailash-Manash Saravar at Tibet in China for pilgrimage you must have to take help of local guides, who knows well all the roads to that destination.

We have 'Subconscious mind', which acts as data-storing hard disc of a computer; we have active 'Conscious mind', which acts as open page of a computer on which works are being done at this moment of NOW. We have Soul or body-bound Consciousness, which is the source of all our intuitive knowledge; and above all we have real image of 'Pure Consciousness' projected on our body-bound Consciousness, and only for this real image of 'Pure Consciousness' we are living objects. This real image of 'Pure Consciousness' is considered as the ''Divinity already in man''. Your body-bound Consciousness, my body-bound Consciousness, body-bound Consciousness of a plant, of a stone, of a planet, of a star, of a galaxy is the same entity; it is Universal Consciousness or 'Super-conscious mind'. According to some masters 'Pure Consciousness' is 'Supra-conscious mind'. Most of us always dwell on our 'Conscious mind' and 'Subconscious mind'; and these Conscious and Subconscious mind keep us bound to the drama of this Universe of Matters, because our 'Conscious mind' together with our 'Subconscious mind' creates our 'Mask of Ego'. This 'Mask of Ego' prevents us from experiencing our real identity; however, this 'Mask of Ego' helps us to act perfectly in our prefixed role on the stage of grand drama organized by Maya. A real Seer teaches us about the ways of preventing ourselves from becoming bemused by the temporary grandeur of the stage show of the World of Matters. He teaches us how to renounce our insatiable thirst for the pleasure and pain of worldly life, to which most of

us have addicting attachment. He teaches us how to throw away our 'Mask of Ego'; and how to come face-to-face with the eternally present great director behind this ever-changing stage, set up temporarily for the drama.

Our omniscient body-bound Consciousness knows all about 'Pure Consciousness', because 'Pure Consciousness' always illuminates our body-bound Consciousness. To play as an actor in the grand drama of the Material plane human body-bound Consciousness separates Himself from 'Pure Consciousness' by putting on 'Mask of pretended Ignorance' and 'Mask of Ego'. We know that the Masks, those the children play with, are of different shades of color. Likewise, the 'Masks of ego' of ours are the cause of different mentalities found in different individuals in human society, because these Masks are mere psychophysical bodies of ours. Each individual has his own psychophysical body, which is completely different from the psychophysical bodies of others. These different mentalities of ours make us competent in performing some works efficiently, and make us in doing some other works not so efficiently. According to ancient Indian scientists, all members of the human race could be divided into only Four distinct classes according to the types of jobs those they could do best. These Four classes and only these Four classes of individuals were there in the past, are here at present and would be in future in human society. Some individuals are best in doing intellectual works, some are best in administrative jobs, some excel in trade and commerce and some are experts in accomplishing works, which require immense Physical strength. A person's life would be richly fruitful if he would engage himself in the works those fit well with his competence. A dramatist tells the story through the dialogues between different players acting in the roles of different characters with varying mentalities. Most of the renowned dramas of World literature are full of many characters with diverse mentalities. Likewise the grand drama of Physical Universe organized by 'Maya' would always be with Four classes of human actors. Classless human society is impossible—as it is against the plan of the great

dramatist cum director—'Maya'.

All things of this Physical Universe are with attributes. Fluidity is the attribute of water. Firmness is the attribute of a piece of wood. Hardness is the attribute of iron. The gross Physical Universe is filled with enormous number of substances having thousands of types of attributes. Ancient Indian scientists observed that, the attributes of all different things of this World of Matters are nothing but various permutations and combinations of the three basic attributes of Universal Consciousness. The first attribute of Universal Consciousness is characterized by spotless purity, blissful calmness, unfathomable depth of wisdom, ceaseless serenity, ever-lasting silence etc. The second attribute is characterized by ardent activities, undying passion for enjoyments, never-ending fighting spirit, enthusiastic creativity etc. Ever-blind ignorance, never-ending idleness, and ceaseless inertia characterize the third attribute. All animate and inanimate objects have these attributes. The Buddha, Jesus Christ, Sri Ramakrishna had maximum amount of the first attribute with very little of other two. In Alexander the great, in Napoleon and in other great warriors we find presence of proportionately greater amount of the second attribute. The third attribute is detectable in relatively greater amount in persons with criminal propensity. Calm, quiet and ever-meditating Lord Shiva is the icon for the first attribute; ever-fighting Goddess Durga is for the second and ever-cruel tyrant Mahisasur (Demigod) is for the third. Brightness and purity of noble metals like Gold, Platinum etc indicate presence of relatively greater amount of the first attribute of Universal Consciousness in them. Ever active Uranium, Radium, inorganic acids etc are examples of Matters having greater amount of the second attribute with smaller amount of the other two. Inert gases (Argon, Neon etc.) are good examples of inanimate objects having relatively greater amount of the third attribute with insignificant amount of other two. Universal Consciousness Himself and all things and everything of this Physical Universe are with attributes. These attributes help human Mind to know about various characteristics

of all the things of the Universe of Matters, and this knowledge remains stored in our memory. These data in our memory assist us in knowing about something that we are encountering with for the first time. This system works well in knowing about a thing having the three basic attributes of Universal Consciousness in it. Utilizing this process of deductive reasoning with the stored data about the things with attributes, our Mind cannot know about 'Pure Consciousness' as because 'Pure Consciousness' is without attributes. Our subtle organ Mind, our body and our Brain all are made up of things having attributes; so it is very difficult for us to know about something which is devoid of any of the three basic attributes. [According to ancient Indian scientists, 'Pure Consciousness' is 'Tregunatita. 'Tre' means three, 'Guna' means attribute and 'Atita' means beyond. 'Tre'+'Guna'+'Atita' = 'Tregunatita'. Meaning 'Pure Consciousness' is without any of the three fundamental attributes of Universal Consciousness.] However, with the help of our body-bound Consciousness and with the active participation of our Nervous system, our Mind could manage to have knowledge about 'Pure Consciousness'; but that requires extensive specialized training of human Mind under a real Seer.

Until now we have used Chemical Energies in the form of drugs to cure physical and mental ailments of human beings. We have used Electromagnetic Energies like, X-rays, Gama rays, Infrared rays etc to treat various diseases. We have utilized other forms of Energies of the Physical Universe to cure human ailments, but have we ever ventured to use Spiritual Energies as therapeutic means? The straightforward answer of the doctors of this century would be, 'Evidence based medicine does not advocate it.' Evidences proving efficacy of Spiritual Energies as therapeutic tool are not collected by the commercial houses and are not propagated by purchased doctors of pharmaceutical industries. But lots of evidences showing usefulness of Spiritual Energies, ample proofs in favor of therapeutic power of human Soul are there, which we are taught to ignore as 'Pseudo-science'. We, the modern doctors love to think that, the

practitioners of the power of Consciousness are uncivilized persons; we think that, there is nothing to learn from them. Few weeks ago Discovery Channel showed that an African-American teen-ager was shot point blank in the head. To save his life and to prevent development of intra-cranial hypertension due to post-operative edema the Neurosurgeon cut out a large portion of his healthy brain along with the severely damaged areas. The Surgeon told the boy's mother that her son would be completely crippled if at all he survived. The mother told the doctor that, she had been praying to God for complete recovery of her innocent child and surprisingly that boy started playing basketball only three weeks after the date of assault. At present he has no residual paralysis for which the Surgeon and other Neurologists have no scientific explanation. Discovery Channel showed another case report. After completing all sophisticated modern investigations, top ranking Neuroscientists and ENT specialists of a reputed hospital in the USA unanimously declared a small girl congenitally deaf and dumb with no chance of recovering in the future. The girl's five-year-old elder brother started praying for her cure. Surprisingly, the girl became completely normal within a few months. 'We don't have any explanation for this Miracle'—said the overwhelmed experts in front of the camera. One must agree with the fact that, Discovery Channel does not telecast cock and bull stories. These above two incidences are sufficient proof for believing that, our body-bound Consciousness is empowered to do whatever he chooses to do. The greatest power of 'Pure Consciousness' is the power of creation. He creates and goes on creating whatever thing or situation that He wishes to create. Human body-bound Consciousness, which glitters with direct image of 'Pure Consciousness', has the same unlimited creative power. We can create anything, any situation according to our wish. But very few members of the human race harness this immense potential Energy of our Soul.

In each and every affair of our worldly life we have plethora of diverse opinions. We can not do anything unanimously. This is because in deciding about any matter (be it in personal life, be it

in family life, be it in social life) we are invariably led by the selfish thought—'What is for me in it?' This petty selfish motive of ours is the cause of all disharmony and discord seen in our family, in our society, in the whole human race. Forgetting our insignificant, ridiculous, childish differences in the various opinions about all facets of human life, if all members of the human race would come forward as a single body and if we could work sincerely, selflessly and honestly, there would be no more any problem on our planet. All burning problems of the Earth would be solved by the collective auspicious power of human Soul. There would be no poverty, no death due to starvation, no more ever-increasing degradation and destruction of the Biosphere, and no apprehensions of nuclear holocaust. [If we consider ourselves civilized creatures, we should stop using our scientific knowledge, our technical skills and all our other precious resources in developing newer weapons of mass destruction; and we should start using these inputs in human welfare, in the betterment of the mother Earth. If we could do that, desert Sahara would be a fertile land within five years, Tropical rainforests would regain their lost richness and treatments of diseases like Cancer, AIDS etc would be discovered within a year.] The secular and scientific theory of 'Non-Dualism' proclaimed by ancient Indian scientists would be our most reliable guide in achieving this cherished goal, because, according to this theory, the auspicious grand unity of human race is the truth; separateness among us is illusion. [*"The greatest comforts and lasting peace are obtained, when one eradicates selfishness from within."*—Guru Gobinda Singh] There is deep-rooted misconception among many people that, the teachings of 'Adaita Vedanta' are mystical, and these teachings are something of the out of the day-to-day reality of the human life. They erroneously think that, the inferences of 'Adaita Vedanta' discard the Universe of Matters; so teachings of 'Adaita Vedanta' have no bearing on human life in this world of Matters. But the fact is that, 'Adaita Vedanta' does not discard or disregard this Universe of Matters where we are placed; but 'Adaita Vedanta'

clearly explains the very essence of this gross Physical Universe. [We know about the Physical Universe through our unreliable sense organs. Our sense organs very often make mistakes in delineating even the gross physical objects. Our sense organs are utterly incompetent in helping our body-bound Consciousness to realize the invisible subtle truth about this visible gross Universe of Matters. Really our sense organs are quite undependable in disclosing the truth. For their inefficiency we mistakenly consider a rope as a snake and a snake as a rope. 'Adaita Vedanta' makes us aware of the eternally unchanging subtle truth about this ever-changing, always-modifying gross Physical Universe. Moreover, 'Adaita Vedanta' teach us practical lessons about rational, scientific methods of realizing this subtle truth through our intuitive Eyes; and these paths have been checked and rechecked by countless great masters in the long history of mankind.] 'Adaita Vedanta' undisputedly described the eternal truth, the subtle truth about this temporal, gross and ever-changing Universe of Matters.

Moreover, wise men from different human groups have proved beyond doubt that the inferences of 'Adaita Vedanta' can aptly explain all the mysteries of Life and those of the ever-changing Physical Universe. Teachings of 'Adaita Vedanta' could easily be applied in the study of Cosmology, Physical Sciences, Physiology, Psychology, Sociology, Ethics, and Aesthetics etc. According to Swami Vivekananda there is no question about the Universe and about various aspects of Life, answers to which are not readily available in the teachings of 'Adaita Vedanta'. [After knowing the subtle truth that, a tangible matter like water is merely a compound of two atoms of Hydrogen and one atom of Oxygen, does a chemist discard the existence of water? Does he disrespect the usefulness of water? Does he stop using water in his worldly life? Does this knowledge prevent him from using water in the same fashion as done by an illiterate person? Likewise, ancient Indian scientists did never disrespect, disregard the importance of this Universe of Matters after realizing the subtle eternal truth about it. They lived normal worldly life with peace

and harmony; and their personal and social lives were far more glorious and fruitful than those of ours.]

Whatever we try to do, it requires both Science and Art. Learning alphabets and grammar of any language is the process of training of our rational mind and it is a scientific pursuit. Using that scientific knowledge, creation of 'Hamlet' or 'Gitanjaly' is a work of art. The practical knowledge about how to use brushes and paints is science but 'Mona Lisa' is the result of the highest artistic endeavor. Science is training of our rational mind with information and skills. And these information and skills are mere collections of data acquired by our forefathers through their sense organs. But Art is doing that thing, about which we could know intuitively without the help of our sense organs. For performing any given job perfectly we need both Art and science. Science is what trained human mind asks us to do and Art is the instructions of our Soul, guidance of our body-bound Consciousness. Our trained mind might make mistakes in accomplishing a given work; but intuitive knowledge acquired from human body-bound Consciousness is always foolproof. In treating patients a doctor must be well equipped with the knowledge of recent developments in the Medical Sciences; and should learn well the know-how of using that knowledge rationally. But at the same time he must learn to pay heed to the instructions (instinctive knowledge) sometimes he gets from his Soul. At times this intuitive knowledge proves to be the most helpful friend of a doctor to tide him over a critical situation. Probably there is no practicing doctor who has never been helped by this so-called 'Gut feeling' in his professional life. [Of late scientists have discovered that total number of Neurons in various Nerve plexuses of human Gut is greater than that of the human Brain! Do those large collections of Neurons in our gut act as our second Brain? Is this so called 'Gut feeling' a collective functions of these Neurons in the human Gut?] We must not forget the very fact that, most of the great achievements in the human history are the results of sparks of intuitive knowledge suddenly appeared in the mind's Eye of some

individuals. Very often newer ideas, deeper insights into the difficult-to-solve problems of Physics, Chemistry and Biology etc. suddenly occupy the mind of a scientist; and these unique ideas come all on a sudden from nowhere. Many masterpieces in Fine Arts and in Literatures are creations of intuitive knowledge suddenly projected on the mind's eyes of the artists and the writers. All these intuitive flashes are results of the works done by 'Pure Consciousness' on body-bound Consciousness of some fortunate individuals.

Our modern educational systems teach us how to earn more and more money, how to amass plenty of Material wealth working 80 hours a week. But do not teach us the art of living with physical and mental peace, the art of living in harmony with all things and everything of the World and the art of living a life enriched with diverse accomplishments. [According to Bankim Chandra Chattopadhyay, renowned writer-philosopher of nineteenth century Bengal, India: ''Fundamental quests of human mind are, 'What is Life', and 'What ought to do with Life'.'' Answers to these questions are not available in the curriculum of modern educational systems. Perfect art of living is not taught in the educational institutions and it is not preached even by the most of the ministers of institutionalized religions.] We do not know how to live a peaceful life in harmony with all things and everything of the Universe. We are not taught the art of living without fear, without anxiety, without sense of insecurity. Most of the persons of the modern human society are always afraid of losing their health, afraid of losing their accumulated wealth, always apprehensive of losing their place in the social hierarchy. Moreover, they are anxious about the well-being and security of their near and dear ones. Above all, all of us are always afraid of death, which is ceaselessly threatening us to snatch us away from this known World of Matters, to which we have intoxicating bondage. This sense of insecurity is the main cause (if not the only cause) of all physical and mental ailments of modern men. Sense of insecurity causes mental stress, which adversely affects

the Psycho-Neuro-Humoral axis and Psycho-Neuro-Immune axis of our body. As a result we become susceptible to physical and mental ailments. Teachings of 'Adaita Vedanta' make us conscious about our real identity and this awareness helps our mind to get rid of baseless anxiety and apprehension. Thus inferences of 'Adaita Vedanta' help us to remain physically and mentally healthy by making our mind free from all fear. So, it is not exaggeration to say that, the teachings of 'Adaita Vedanta' has definite role to play in the well being of our existence on this Plane of Matters; and 'Adaita Vedanta' is not something without practical utility in our day-to-day life. Moreover, other teachings of 'Adaita Vedanta' ('Love all things and everything of the Universe without bitter criticism and without conditions' and 'Do good to others without expecting petty personal gain') have immense capability in bringing perfect harmony and ever-lasting peace in human society. So, it is utterly wrong to consider 'Adaita Vedanta' as an airy-fairy notion, as something impractical and mystical. Teachings of 'Adaita Vedanta' are with down-to-earth practicality in our life. These teachings help us to keep our calm in all situations of our lives. We are neither elated by goodness, nor depressed by evils in our lives. Men of wisdom glides through water of life unaffected by torments of modern life like the swan that lives in water but untouched by water. For betterment of our personal life and of our social life, all members of the human race should be acquainted with the fundamental ideas of 'Adaita Vedanta'. Essence of the teachings of 'Adaita Vedanta' says that, in this Universe 'Pure Consciousness' is the only substance and all other things are non-substances, so, we should always keep ourselves conscious about 'Pure Consciousness'. [*"Education is the manifestation of the perfection already in man. Religion is the manifestation of the divinity already in man."* —Swami Vivekananda]

Our Physical body, mind and intellect create our 'Ego', which according to Sri Ramakrishna is our minor 'I', our insignificant identity, our temporal 'I', our superficial 'I'. Our real 'I', our

permanent 'I', our eternal 'Self' is our body-bound Consciousness illuminated by 'Pure Consciousness'. A real Seer helps us to guide our body-mind-intellect to the right path that would lead our body-mind-intellect to the goal of realizing our eternal 'I', our real 'Self'. According to great masters of all known institutionalized religions, this 'Self realization' is the only goal of our life on the Earth—as this 'Self realization' helps us to know about 'Pure Consciousness'. If you enter into a room blindfolded, you might experience uncanny feelings; you might think that the objects of that room are something mysterious. The moment you remove the blindfold everything surrounding you in that room would become vividly clear to you. Similarly to most of us teachings of 'Adaita Vedanta' are mysterious, uncanny, unbelievable, and unacceptable as truth. But as soon as our mind and intellect go beyond the blinding glitter of materialism; as soon as our mind and intellect renounce the ever-increasing lust for sense gratification; we come face to face with our body-bound Consciousness and with 'Pure Consciousness'. Then and only then you would learn the truth described in the 'Adaita Vedanta'. This enlightenment of our mind and intellect helps us to understand that teachings of the 'Adaita Vedanta' are results of a rational scientific study; these are not daydreams of some mystical insane persons.

To create unity among members of the human race we should emphasize on the similarities but not on the differences between them. Your life-style, your dress-code, your eating-habits, your theology, your philosophy, your ideas about Physical Universe, your rituals, your faiths, your belief-systems—all these might be completely different from those of mine. This is because, 'Pure Consciousness' has bestowed 'Free will' to mind of every individual member of the human race. But underlying all these superficial differences, there are many features of human mind, which are common to both you and I. Both of us smile when we are in joy; you and I shed tears when we are in pain and sorrow. I have sympathy for your pain; you stretch out your hands with

empathy when I am in need of help. So, for our insignificant superficial differences, we should not hate each other, we should not fight among ourselves. Only goal of our worldly life is to know about our real identity through actions performed with our clear consciences and with the use of our free will. In the treaties of 'Adaita Vedanta' there are descriptions of numerous paths, which lead us to that sacred goal. One main path is to contemplate on 'Pure Consciousness' renouncing the householder's life. For most of us this path is very difficult to step on. According to ancient Indian scientists, stepping on this path is just like walking on the sharp edge of a razor blade. Only great masters ventured to walk on this path. For householders like us the most suitable path is to engage our body, mind, and intellect in worldly affairs, without any trace of desire for personal gain. Constant practice of this selfless service would open our intuitive eyes; and through those inner eyes we would be able to realize our true identity; we would be enlightened.

'Free will' of a person frames his own way of life, his own belief-systems, his faiths and fascinations, his likes and dislikes. Every individual of the human race has right to choose his or her own way of life according to his or her free will and according to his or her mental inclination. However, this choice must not disturb the social ethics of human race, must not disrespect time-honored norms of the society of the naked apes—known to us as Homo sapiens. Moreover, I must not try to impose forcefully my way of life, my own thought processes on your mind against your dislike. You should not also try to press me into the mould of your own belief-systems. According to Swami Vivekananda, in future, influences of all known institutionalized religions on human mind would be withered away; and every individual of the human race would have his or her own personal religion, personal belief-systems and personal rituals. He dreamed that, all these personal faiths would co-exist with each other in harmony and with mutual respect.

According to Aldous Huxley, Sri Ramakrishna (1836-1886)

was the only great master in the long human history, whose unaltered daily sayings were authentically recorded in black and white by a highly qualified schoolteacher of his time. The teacher meticulously recorded conversations of Sri Ramakrishna with persons of different mentalities, keeping even master's rustic accents unedited. The teacher recorded even the date, time and place of conversations; he also recorded the name and other personal details of the persons with whom the master had spoken. Sri Ramakrishna is respected worldwide as the greatest expert in ancient Indian wisdom in the recent past. Those recorded dialogues of the great Seer are at present our most reliable source of knowledge about 'Adaita Vedanta'—the science of 'Non-Dualism'. From the teachings of Sri Ramakrishna we could learn the art of living in this Universe of Matters. He teaches us how to lead a life empowered with the knowledge bestowed by teachings of 'Adaita Vedanta'. He says that, in this Universe of Matters we are mere actors; and we have come here for some stipulated purpose to serve, to play in some roles in some prefixed scenes, so that, the unending grand drama, organized by Maya, remains running. We must play our role in this drama sincerely, honestly and whole-heartedly. So long we are here, we should be with all things and everything of this vast stage of Physical Universe; but at the core of our heart we must always be aware of the fact that, our identity here on this Material plane is not our real identity. In this world of relativity our apparent identity is always related with various things and with different persons of this temporal existence. We must always keep this conviction deep-rooted in our heart that, our pretended identity which is based on names and forms of the objects of the Physical Universe is not our real identity; because we really are formless, nameless ocean of 'Pure Consciousness' and nothing other than 'Pure Consciousness'. If we were always aware of our real identity; nothing of this Physical Universe, no one in our vicinity, not any incidence of this Material World would be able to disturb the celestial Bliss of our Soul—even though we were physically present with all inanimate and animate things of this tangible

Universe. A maidservant in a city is serving the family of her master wholeheartedly, but at the depth of her mind she always knows that her real identity is not in relation with the persons she serves; but in relation with the persons living at her own distant village home. Like her we should always be aware of our true identity. According to Sri Ramakrishna,"A boat must be in water; but water must not be inside the boat—likewise be with pleasure and pain of the Physical Universe, but don't allow that pleasure and pain of this Physical Universe to distract you from your inner calmness. And you would achieve this inner calmness only when you would know your real identity. So, firstly know about 'Pure Consciousness' through your inner eyes and then you would be able to live blissful worldly life." This, according to 'Adaita Vedanta', is the art of living without fear, and this art is mankind's greatest need in the twenty-first century. Our Physical body, our Mind, our intellect, our conscience—all these should be fully engaged in the drama of the worldly life; all these should be fully active in performing the stipulated job for which we have been created in this Physical Universe; but our inner Being, our Soul should always remain as an ever-detached observer. This renunciation of the bondage of ever-active worldly life, this non-involvement with Materialism, this dedication to auspicious actions without petty self-interest, this existence in Physical plane without any desire, is the greatest teaching of Lord Krishna, the Buddha and Sri Ramakrishna to mankind. For this reason on First January 1886 few months before his demise from the Physical plane, Sri Ramakrishna blessed the humankind by saying,"I am sure one day all of you would definitely be conscious about 'Pure Consciousness'." This blessing of a real Seer is the brightest ray of hope for human race, suffering from the torments of modern life.

Discussions on Consciousness should be incorporated in the curriculum of medical schools. This would make students having a holistic approach to their lives and to their future profession. They would be better men and skillful doctors with clear mind and broad heart.

COMMENTS

It is said that a small boy once asked his father, 'How big was a Dinosaurs?' Instead of loading the boy's small head with lots of figures in inches and feet the father said, 'If you stand on the second floor of our house, you would be face to face with a Dinosaurs.' This answer taught the boy the art of thinking about complex subjects in a simpler way. Later on, he became a world renowned Physicist. This write-up is a humble endeavor to discuss about a complex subject—Consciousness in a simpler manner. This is mere accumulation of alms accepted by me from various sources. According to ancient Indian scientists, human body-bound Consciousness can perceive the very existence of 'Pure Consciousness' with the help of human nervous system and with well-trained human mind but no human language can describe that experience. Human languages are utterly incompetent in describing anything about experienced feelings. Lots of discussion and description about the 'Sweetness of Sucrose' would not help you in knowing anything about the feeling named—'Sweetness'. To experience the sensation named 'Sweetness', you have to put Sucrose on your own Tongue. Similarly to enjoy absolute bliss of 'Pure Consciousness' you have to come in direct contact with none other than 'Pure Consciousness' Himself. This highest goal, rather only goal of human existence on the material plane could be achieved only by removing the thick curtains of Ego and of pretended ignorance those keep human body-bound Consciousness separated from 'Pure Consciousness'.

19th August 2003

Reference: 'BHAGAVAD-GITA The song of God'
Translated by Swami Prabhavananda and Christopher Isherwood
This book was published in 2006. Selected portions of this book were published in the Bulletin of the Ramakrishna Mission Institute of Culture. Golpark. Kolkata. (September 2008 issue/ Page 424-429) and (October 2008 issue/ Page 466-470)

Portions from my book named—'Doctors, Be Conscious About Consciousness' was published in the online edition of the British Medical Journal South Asia Edition. BMJ is the oldest Medical Journal in the World :
https://staticweb.bmj.com/clinmed/original/2003080005v1/DOCTORS.htm
DOCTORS, BE CONSCIOUS ABOUT CONSCIOUSNESS.
Submitted by Arun Kumar Laha

INTRODUCTION

Before mastering the art of healing in the medical schools students should know about the real identity of themselves and that of their patients.

''Physicists have found it impossible to give a satisfactory description of atomic phenomena without reference to the consciousness.''

—Eugene Wigner, 1963 Nobel Laureate, Physics.

''We can admittedly find nothing in physics or chemistry that has even a remote bearing on consciousness. Yet all of us know that there is such a thing as consciousness, simply because we have it ourselves. Hence consciousness must be part of nature, or, more generally, of reality, which means that, quite apart from the laws of physics and chemistry, as laid down in quantum theory, we must also consider laws of quite a different kind.''

—Niels Bohr 1922 Nobel Laureate, Physics.

''It seems to me that there is a third thing in the universe, to wit, consciousness, which… I cannot see to be matter or force, or any conceivable modification of either....''

Thomas H. Huxley, Biologist and Humanist.

''In my search for the secret of life, I ended up with atoms and electrons, which have no life at all. Somewhere along the line, life has run out through my fingers. So, in my old age, I am now retracing my steps….''

Albert Szent-Gyorgyi 1937 Nobel Laureate,
Physiology and Medicine.

A human being is not a single entity. It is a Three-in-one arrangement. It has 'Soul' or 'Being' or 'Consciousness' which is in continuity with the Universal Consciousness. It has a subtle organ named 'Mind'. Mind has both sensory and motor functions. Moreover, human being has a gross Physical Body with all its sensory and motor organs. Our mind and our physical organs cannot function without help of our Consciousness. Normally our Consciousness remains spread to all our sense organs, to each and every point of our body. When we are engaged in a deep thought or enjoying bliss of non-REM sleep or absorbed in transcendental meditation our Consciousness coils back to his center leaving sense organs unsupported. In these situations sense organs fail to work. Attention of Archimedes' body-bound Consciousness was deeply engaged in solving some mystery of the Physical Universe so his ears could not hear the noises of the war. He had no idea about his immediate surroundings.

Study of Biology in the western world has always tried to explain all the phenomena of life in terms of the laws of Physics and Chemistry. Western scientists have ignored Consciousness as a fundamental element of the living organisms. They think that, Consciousness is secondarily created in the living things by the processes of interactions between the Matters and Energies of the Physical Universe. They are not at all ready to accept an idea that says, 'Consciousness himself created the whole Physical Universe (consisting of Matter, Energy, Space and Time) and all forms of living creatures (from Viruses to Human beings) seen on our planet'. Scientists from India propagated this very concept more than five thousand years ago.

However, recent developments in Physical sciences and in

Biosciences have reached to a point from where further progress in understanding of the true nature of the Universe and of the Life is impossible without frequent reference to Consciousness.

When an engineer goes to construct a structure; his body-bound Consciousness at first chalk out a blue print of the structure with the help of his subtle organ named 'Mind'. Then he builds the structure by assembling Matters taken from the Physical Universe with the help of his gross physical organs like 'Hands'. Consciousness of the short-necked ancestor of a Giraffe realized that, his Physical body would die of starvation if mouth of his Physical body could not reach the leaves high up on the trees. So, Consciousness changed the very blue print (Genetic Codes) of his body and made his body long-necked. Body-bound Consciousness of the ancestor of a multi-drug resistant Bacterium also did the same to save his race. So, the various new creations those we find in the long history of the evolution of living creatures are not due to accidental genetic Mutations but are the deliberate work of Consciousness himself.

Consciousness is the only entity of the Universe, which is not subject to change by Space and Time as because it is beyond Space and Time. Consciousness resides in eternal Present and in a room that has no walls. Ancient Indian scientists have described the Universal Consciousness as 'Existence absolute', 'Knowledge absolute' and 'Bliss absolute'.

All forms of Energies are created by Consciousness himself using himself as the only ingredient. Matters are nothing but condensation of those Energies (according to the famous formula of Albert Einstein: $E=M.C^2$) and Matters remain in continuity with the Energy field that exists to each and every point of the Universe. It is just like the icebergs formed from seawater and float in seawater. With the help of Space and Time, Consciousness creates Matters from the Energies, which are created by Consciousness himself. Matters float in the ocean of Energies; and this ocean of Energies is nicknamed as 'Quantum Soup'. Matters are in the realm of Space and Time, so, they are always in a state of constant change. The Matters in a star is in

continuity with the Energy field that surrounds that star. Fusion reaction in the star continuously converts some amount of those Matters to various forms of Energies and these newly formed Energies create waves in the ocean of Energies surrounding the star. These waves reach to us (the conscious perceivers) and our body-bound Consciousness enjoys those stimuli as 'HEAT', and 'LIGHT'. The Matters in my hand-held cellular phone is in continuity with the field of Energies surrounding it. Using the chemical Energies of a cell inside that gadget the Matters of the phone generate waves in that Energy-field and through those waves the phone communicates with the near-by Telephone exchange. So, all men, all the animals, all the plant lives, all the planets, all the stars, all the known and unknown galaxies are glued together by a enormous ocean of Energies. There is no discontinuity between you and I, between the stars and us and for that matters between any two objects of the Universe. We should not hate anyone or anything in the Universe. We should love everybody and everything in the Universe. We should try to accept all things and everything without bitter criticism, as because all things apparently good or bad in the Physical Universe are nothing but various expressions of the Universal Consciousness. All the living and non-living things in the Universe are mere bubbles of different sizes and shapes in the form-less ocean of Energies created by Consciousness himself. A bubble in the water occupies a certain amount of space and it exists for only a certain period of time, after which it dissolves itself into the form-less sea of water. So, the existence of a bubble in water is 'space-time' bound. Likewise, all the living and non-living objects of the physical Universe are in the realm of Space and Time. They occupy some space and after a certain period of existence they dissolve in the formless Energy field. The field of Energies created by Consciousness is not bound by Space and its existence is eternal, not restricted by some period of time, as because Consciousness the creator of the Energy-field himself is not bound by Space and Time.

So, Consciousness creates the Physical Universe taking

Energies, Matters, Space and Time as basic ingredients. The most unique feature of this plan of creation of the Universe is that, the creator (Consciousness) himself remains mingled with each and every particle of his creation. Consciousness inherently does exist in each and every object of the Universe. However, degree of expression of Consciousness varies in different objects of the Physical Universe. It is least expressed in a stone; expressed more in trees and lower animals; expressed to a great extent in human beings. In the history of human race highest expression of Consciousness is observed in the lives of some great personalities like Lord Krishna, Buddha, Jesus Christ and others.

The very words 'Existence absolute' describe that the only real thing that exists in the Universe is Consciousness and Consciousness alone and nothing else. All other things in the Universe are created by Consciousness himself; using Consciousness as the only ingredient. Consciousness creates the physical Universe only for his own enjoyment. Consciousness was alone and was bored of his lonely existence. So, He divided himself into two. One part remains the same as before—never-changing Pure Consciousness beyond Time and Space. The second half created ever-changing Physical Universe with the help of Time and Space. The newly formed Physical Universe became the playmate of Pure Consciousness to allay his loneliness.

By the words 'Knowledge absolute' ancient Indian scientists expressed the idea that, if someone knows about Consciousness; he would have nothing else left to know about. This is because Consciousness himself is the Knower, the process of Knowing and the subject of Knowledge.

New let us discuss about 'Bliss absolute'. It means that if someone could realize at the core of his heart that, Consciousness is the only eternally unchanging reality of this ever- changing Physical Universe, Consciousness is the only subtle truth of this gross Physical Universe and Consciousness is the only seed from which all the diverse objects of the Materialistic Universe germinate then his mind would be filled

with celestial joy and absolute Bliss.

Fear of death is the worst form of fear of human minds Most of us think that, our Physical body is our only existence. We consider ourselves as mere machines made up of flesh and bones and we know that like all man-made machines this machine is also vulnerable to decay and death. So, death of our body is the biggest threat to our very existence. We cannot convince our mind that, Consciousness is our true and the only reality; that our existence is eternal and our existence is not limited by a period of time from birth to death. We did exist before our birth and we would exist after our death. Very few people who realized this fact in their heart could conquer the fear of death. Their mind was filled with everlasting celestial Bliss.

'Big Bang' theory of creation of the universe tells us that, before occurrence of 'Big Bang' there were no Matters, Energies, Space, and Time in the Universe. All these were created from 'SINGULARITY' through an unknown process of explosion. That explosion is nicknamed as 'Big Bang'. Experts of this popular hypothesis have no idea about the true nature of this 'SINGULARITY'. They thought that, initially Matters, Energies, Space and Time had been created from 'SINGULARITY' through explosion and later on Consciousness appeared in some physical bodies (made up of Matters, Energies, Space and Time) called 'Living creatures'. Western scientists believe that, Consciousness was not in existence before 'Big Bang'. Their firm conviction is that, Consciousness is appeared secondarily in living organisms due to interactions between Matters and Energies created after 'Big Bang'.

The views of ancient Indian scientists about creation of the Universe differ at this point from the ideas of their modern Western counterparts. Wise men of India thought that, the Physical Universe with its all Matters, Energies, Space and Time had been created from a single entity and that single entity was nothing other than Pure Consciousness. According to Indian view Pure Consciousness is both the Creator of the Physical Universe and the only ingredient used for creation of

the phenomenal world.

Now, the question is how can never-changing Pure Consciousness which is never-bound by Space and Time would be material for creation of the ever-changing Physical Universe which is ever-bound by the Space-Time cone? Wise men of ancient India seriously dealt with this question and they were truthful enough to say, 'we do not know'. They did not try to fabricate any ambiguous theory to explain this puzzle. They told in clear mind what they understood about this question. Ancient Indian seers nicely described this by saying that, a doll made of Salt from sea water would not be able to go to the ocean to know all about the ocean. Similarly human Consciousness and intelligence which is part of Universal Consciousness would never be able to know the plan and program of Universal Consciousness. A minute part of the totality cannot know all about the whole. If human-body-bound Consciousness tries to do that, his separate existence would be lost and he would be dissolved into the ocean of Universal Consciousness.

Suppose Pure Consciousness is like the ocean of water. In it float balls of ice of varying shapes and sizes. These balls are numerous Physical Universes with all their Stars and Galaxies. The water using water as the only ingredient creates the ice-balls. Similarly Pure Consciousness creates the Physical Universes taking himself as the only ingredient. Living creatures are like some cups curved out from ice-blocks and are floating in the water and they contain some water in them. The body of a living organism is made up of Matters of Physical Universe and inside it lives Pure Consciousness Himself. So, both your body-bound Consciousness and my body-bound Consciousness are the same and it is nothing other than Pure Consciousness himself. You and I are different in names, in shapes, in designations, in all external parameters; but in the Being we are one and we are inseparable. This concept of Non-Duality is the greatest teaching of India to human civilization.

Albert Einstein, the most expressed human body-bound Consciousness of modern human history once said that, there is

only one way of knowing all about the true nature of the Universe and of Life and to understand the cause-and-effect relationships of the various phenomena of the physical world. According to him that very way is to know what is in the mind of God, the Universal Consciousness. He also said that, all the principles and laws of Physical sciences so far discovered by human mind are mere minor details of a great plan chalked out by Universal Consciousness. Mr. Einstein observed that, human Consciousness has yet to have any access to that all-inclusive basic plan. All our analytical scientific studies of the Physical Universe, all our various thesis and anti-thesis of Metaphysics and Philosophy are mere insignificant endeavors to have slight glimpses of that great plan.

When Electro-magnetic energy of certain range of wave-lengths and frequencies falls on our skin, it generates action potential in the sensory nerves of our skin. Electro-magnetic energy is converted into electrical nerve impulses in the cutaneous nerves and these impulses are carried to our cerebral cortex. Here by some unknown processes these nerve impulses generate a particular type of sensation in our body-bound Consciousness. Name of the sensation that our Consciousness perceives is 'HEAT'. 'HEAT' is the name of a type of feeling and 'HEAT' does not exist without presence of a conscious feeler. When we put an object in fire, it does not receive 'HEAT' but it receives energy in the form of Electro-magnetic wave that increases the kinetic energy between the atoms and molecules of that body. 'HEAT' is a type of a sensation, a type of feeling enjoyed by our body-bound Consciousness—so it cannot be transferred from one body to another.

Electromagnetic energy of certain wavelengths and frequencies generates electrical impulses in our retinae and these electrical impulses are carried by Optic nerves to the Occipital Cortex of human Brain. Due to stimulation of that part of the brain our body-bound consciousness feels a particular type of sensation. The name of that sensation is 'LIGHT'. 'LIGHT' is a sensation, a feeling perceived by conscious mind. So, 'LIGHT'

does not exist in absence of a conscious perceiver.

If my finger touches a vibrating tuning fork—Mechanical energy from that object would stimulate my nerves in my finger and that mechanical energy is converted into electrical nerve impulses—which are carried to my Cerebral cortex. My soul, my being, perceives a particular type of sensation, known as 'Sensation of Vibration'. From that feeling felt by my body-bound consciousness my mind understands that the prongs of the fork are moving to and fro over time.

If the same vibrating tuning fork were made to touch the vault of my Cranium, mechanical energy from the fork would pass through my cranial bones and would reach to the 'Organ of Corti' in my internal ears. There this mechanical energy is converted into electrical nerve impulses that are carried to Superior Temporal Gyrus of Cerebral Cortex of the Brain by Auditory Nerves.

If I hold a vibrating tuning fork close to my ear, mechanical energy from the fork would travel through air and after passing through my external ear and middle ear would reach to 'Organ of Corti' in internal ear. Mechanical energy is transformed here into electrical nerve impulses that go to the Superior Temporal Gyrus of the Brain. So, mechanical energy coming either through air or through cranial bones stimulates particular areas of the Brain after being modified into electrical signals in the Organ of Corti. Stimulation of those particular areas of Brain creates a type of sensation in our body-bound Consciousness, and this very feeling is named as 'SOUND'.

So we find that, the same Mechanical energy creates different sensations ('Sensation of Vibration' and 'SOUND') in our body-bound Consciousness by stimulating different sense organs of our body. Each sense organ has its own specific area in Cerebral Cortex where it sends its electrical impulses. [In some very rare persons, Superior Temporal Gyrus of their brain has some abnormal connections with the Occipital lobe of their brain. Mechanical Energy coming through air produces electric nerve impulses in their Organ of Corti in the internal ears. Nerve

impulses generated by their Organ of Corti go both to the Superior Temporal Gyrus and to the Occipital lobe. Body-bound Consciousness of such persons enjoys sensation both Sound and Light simultaneously -they see colorful sounds.] The same electromagnetic energy of different wavelengths and frequencies produces different feelings in our body-bound Consciousness—'HEAT' when cutaneous nerves are stimulated and 'LIGHT' when Retinae are stimulated by electromagnetic waves.

If we take some persons whose eyes are destroyed and stimulate Occipital lobes of their Cerebral cortex with a pair of electrodes; their body-bound Consciousness would enjoy the feelings of Light. Stimulation of Superior Temporal Gyrus with external electrodes of a person whose Organs of Corti are destroyed makes his body-bound Consciousness feel sensation of Sound.

So, 'HEAT', 'LIGHT', 'TOUCH', 'SOUND', 'FOUL SMELL', 'SWEET SMELL', 'REDNESS', 'GREENNESS', 'SWEETNESS', 'BITTERNESS', etc.-all are nothing but sensations perceived by our body-bound Consciousness when different areas of our Brain are stimulated by electrical impulses, generated in different sense organs by various stimuli, coming from sources outside our body.

In fact all these sensations are nothing but interpretation of various Energy forms of the Physical Universe by our body-bound Consciousness. These Energy forms act, as stimuli to our different sense organs, and the presence of Consciousness are essential for creation of these sensations. Our body-bound Consciousness gets knowledge about the surrounding Physical world through these sensations. So, the Physical Universe that human body-bound Consciousness perceives through our sense organs does not exist without our presence. This idea is endorsed by Quantum physics that states that, Object does not exist without Observer. When analytical and mathematical studies of the Physical world reached to this unique concept in the early years of twentieth century, initially it was very difficult for Albert Einstein to accept this inference. Poet-philosopher Rabindranath

Tagore wrote a very oft-quoted poem at that time named 'AMI' (I am). In that poem the poet described that, if I (the conscious observer) do not exist; the green beauty of the Earth, pink charm of the roses, celestial joy of Moonlit night would be nowhere. The Creator of the Universe would live alone only with various forms of energies and different varieties of formulae and laws that govern those energies. Mr. Tagore had a long discussion with Mr. Einstein on this subject in Europe sometimes in the first half of the Twentieth century.

Sri Ramakrishna (1836-1886) the greatest teacher of modern man said, 'he, whose body-bound Consciousness blossoms like a thousand-petal Lotus knows about Universal Consciousness at the core of his heart and answers to all the questions about the Universe and about Life are answered to him'. Sri Ramakrishna observed, 'men with such greatly expressed Consciousness (like Lord Krishna, Buddha, Jesus Christ) know with great conviction that, nothing other than Pure Consciousness is the only never-changing truth about the ever-changing Physical Universe, and Pure Consciousness is the only subtle reality behind all diverse life forms on the planet Earth'. Sri Ramakrishna taught us that, all things (human sensory organs can know about very few of them, and there are lot more about which human mind has no perception) of the Universe is 'Chitanyamoy'. Meaning of this Sanskrita word is''Only Pure Consciousness Exists''. So, what is 'SINGULARITY' to a modern physicist is 'CHETANA' (meaning 'Pure Consciousness') to an ancient Indian seer.

To an Indian the Physical Universe is an illusion and his Time-Space-bound Physical body is not his real identity. At the core of his heart he knows that he is nothing other than Pure Consciousness. All members of the human race are his brothers and sisters. All living and non-living things of the Universe are his. That is why, in the long history of human race, only the Indians never set out with arms to rob the land and properties of other human groups. The idea of universal brotherhood propagated by Christianity (*'Love thy neighbors'* —Jesus Christ) or the concept of non-violence taught by the Buddha are distant echo of

the wisdom of the ancient Indian seers. ['Civilizations have arisen in other parts of the world. In ancient times and in modern times, great ideas have emanated from strong and great races. In ancient and in modern times, wonderful ideas have been carried forward from one race to another. In ancient and in modern times, seeds of great truth and power have been cast abroad by the advancing tides of national life; but mark you, my friend, it has been always with the blast of war trumpets, and with the march of embattled cohorts. Each idea had to be soaked in a deluge of blood; each idea had to wade through the blood of millions of our fellow-beings; each word of power had to be followed by the groans of millions, by the wails of orphans, by the tears of widows. This, in the main, other nations have taught; but India has for thousands of years peacefully existed. Here activity prevailed when even Greece did not exist, when Rome was not thought of, when the very fathers of the modern Europeans lived in the forests and painted themselves blue. Even earlier, when history has no record, and tradition dares not peer into the gloom of that intense past, even from then until now, ideas after ideas have out marched out from her, but every word has been spoken with a blessing behind it, and peace before it. We, of all nations of the world, have never been a conquering race, and that blessing is on our head, and therefore we live'. —Swami Vivekananda (1863-1902) renowned speaker of the Parliament of Religions in Chicago, the USA in 1893.]

Since the dawn of civilization wise men of all human groups toiled hard to get the answers of three eternal questions: 'Who am I?' 'What is the never-changing true nature of the ever-changing Physical Universe around us?' 'What is the relationship between the mankind and the Physical Universe?' Scientists from ancient India got the answers; those are recorded in the voluminous treaties of 'Adyta Vedanta' (the science of Non-Dualism). They proved that, there is no 'Two' in the Universe, all things and everything (living and non-living) is the diverse manifested forms of a single entity, and that never-changing entity is nothing other than 'Pure Consciousness'. The surprising fact is

that as modern science tries to answer these three eternal questions it is merely coming closer to the wisdom of ancient Indian stalwarts of science.

The phenomenal Universe with all its planets and stars is the stage erected by Universal Consciousness. All the living creatures with their mind, sensory organs and motor organs are the actors playing on that stage. Universal Consciousness enjoys this drama, himself residing in the human body and using human mind and human sense organs as looking glasses. A good actor temporarily forgets his own real identity and pretends to reproduce authentically the behavior of the character of the enacted drama. Similarly we human beings deliberately forget that we are Pure Consciousness and we separate ourselves from Pure Consciousness by putting on the mask of Ego. We forget that, all the dusts of the Universe, all the plants of our planet, all the animals of the Earth are nothing but diverse manifested forms of the only formless subtle reality—Pure Consciousness. It is just like the formless Ocean water, which goes on creating waves of different forms ceaselessly. Formless Pure Consciousness also does the same to create the Physical Universe with objects of different names and forms. So, we all are same. We differ from each other only in our external forms but not in our Being. Members of the human community should respect each other, love each other and should not hate anything in the Universe. This idea of peaceful co-existence with all things and everything of the Universe has been preached by countless great souls of the human history.

We come to the conclusion that, the Universe, which we perceive through our sense organs, is a vast stage on which we are mere actors and Universal Consciousness is the director. If we think with undisturbed mind, we would feel his presence everywhere and on every moment because our body-bound Consciousness are in continuity with Universal Consciousness.

So, while treating a patient doctors must be very much aware of the fact that, the director (Universal Consciousness) is working through one actor (body-bound Consciousness of the

doctor) on a second actor (body-bound Consciousness of the patient). A doctor has no reason to be proud of his achievements and need not be mentally depressed after non-deliberate mistakes made in treating patients. This is because we are mere puppets in the hand of the great puppeteer; we are innocent, indifferent machines being operated by the wisest machinist. There is no doctor under the Sun who has never made any mistake in his life. Incidence of anxiety, depression and other mental stress related disorders are rapidly increasing among doctors due to various socioeconomic constrains and due to constant fear of being dragged to the court of law. For this reason addiction to psychotropic drugs is not at all uncommon in medical community. All these factors are causing harm not only to the mental and physical health of an individual doctor; but also retard the rate of progression of clinical medicine. Doctors are no more venturing to think in a newer way to solve a given problem and to remain on the safer side they are only doing what they are being told to do by the paid scientists of the Pharmaceutical companies.

Pharmaceutical companies are inventing newer modes of treatment and they are recruiting doctors for collecting clinical data on their behalf. The data thus accumulated are extensively propagated as 'Evidence based medicine'. Are these data always unbiased? Some-times they are not. While collecting these data investigators very often forget the very fact that; human race is not monolithic. They frequently ignore the well-known fact that, all things and everything is not equally good for all members of the different human groups. This is because different human groups have significant genetic variations. Moreover, their climates, cultures, food habits etc. are quite different and these variables have immense impact on the outcome of any human activity and on human mind and body. Mode of treatment for a beef-eating gigantic Westerner is not at all applicable to a frail vegan from Indian sub-continent though both of them are suffering from the same disease.

Of late doctors are depending too much on those data propagated by Pharmaceutical companies. Excepting a few open-

minded doctors most of them blindly follow what Pharmaceutical houses ask them to do. They ignore the vast amount of data they themselves are gathering in their day-to-day practice. So, to chalk out any treatment plan doctors must critically judge every new information in the light of the evidences they themselves accumulate in their daily work.

An Indian Pharmaceutical company marketing Methylcobalamin (MC) brought some experts from Japan who discussed about the efficacy of the drug in Diabetic neuropathy. Using the MC, I got more or less good results. Few months later another company arranged a seminar on efficacy of some vegetable oil in the management of Diabetic neuropathy. The speaker was from some country of the Western Hemisphere. After his speech I asked him his opinion about the MC in cases of Diabetic neuropathy. His reply was that the MC had no beneficial effect in managing Diabetic Neuropathy. I told him politely that I was getting reasonably good results using the MC in Diabetic neuropathy. The Diabetologist became furious and asked me to ignore my own clinical experience and advised me to use the vegetable oil instead of the MC in the cases of Diabetic neuropathy. Should I ignore my own observation and follow the instruction of a purchased doctor?

In most of the countries of the world doctors are probably the most strained professionals in the society. They are always in pressure from various factors—professional, social, legal, financial etc. Medical practice is a thank-less job. Patient is cured; patient party says, 'God has saved his life.' Patient is dead; now the patient party says, 'the wicked doctor has killed him.' Toiling hard, sacrificing your family life and personal comfort, you have successfully managed 99 out of 100 patients. The society would not recognize that. People say, 'you have done just that what you are supposed to do.' But if you commit very minor human error, these very people would come forward first to drag you to the court of law and forgetting your sacrifice for the society they would treat you like a third-grade criminal. Persons having no knowledge about the ever-flourishing science

like Medicine would judge whether your treatment plans were correct or not. For these reasons in many countries good students are no more interested in taking medicine as a career. This would hamper advancement of medical science as a whole.

Until now we have used Chemical energies in the form of drugs to cure human physical and mental ailments. We have used electromagnetic energies like Light, X-rays, Gama rays, Infrared rays etc to treat various diseases. We have utilized other forms of Energies of the Physical Universe to cure human ailments, but have we ever ventured to use Spiritual energies as therapeutic means? The straightforward answer of the doctors of this century would be, 'evidence based medicine does not advocate it'. Evidences proving efficacy of Spiritual energies as therapeutic tool are not collected by the commercial houses and are not propagated by purchased doctors of pharmaceutical industries. But lots of evidences showing usefulness of Spiritual energies, ample proofs in favor of therapeutic power of our soul are there, which we are taught to ignore as 'Pseudo-science'. We, the modern doctors love to think that, the practitioners of the power of Consciousness are uncivilized persons. Few weeks ago Discovery Channel showed that an Afro-American teen-ager was shot point blank in the head. To save his life and to prevent intra-cranial hypertension due to post-operative edema the neurosurgeon cut out a large portion of his healthy brain along with the severely damaged areas. The surgeon told the boy's mother that her son would be completely crippled if at all he survived. The mother told the doctor that, she had been praying for complete recovery of her child and surprisingly that boy started playing basketball three weeks after the accident. He has no residual paralysis for which the surgeon and other neurologists have no scientific explanation. Discovery Channel showed another case report. After doing all the sophisticated modern investigations, top ranking neurologists and ENT specialists of a well-known hospital in the USA declared a small girl congenitally deaf and dumb with no chance of recovering in future. The girl's five-year-old elder brother started praying for her. The girl

became completely normal within few months. 'We don't have any explanation for this Miracle' said the overwhelmed experts in front of the camera. Discovery Channel does not telecast cock and bull stories. The above two incidences are sufficient proof for believing that, our body-bound Consciousness is empowered to do whatever he chooses to do. The greatest power of Pure Consciousness is the power of creation; He creates and goes on creating whatever He wishes to create. Human body-bound Consciousness, which is in continuity with Pure Consciousness, has the same power. We can create anything, any situation according to our will. But very few members of the human race harness this immense potential energy of our soul.

Knowledge about the Universal Consciousness should be incorporated in the curriculum of medical schools. This would make students having a holistic approach to their lives and to their future profession. They would be better men and skillful doctors with clear mind and broad heart.

Comments: It is said that a small boy asked his father, 'how big is a Dinosaurs'? Instead of loading the boy's small head with lots of figures in inches and feet his father said, 'if you stand on the second floor of our house, you would be face to face with a Dinosaurs.' This answer taught the boy how to think about complex subjects in simpler way. Later on he became a world renowned Physicist. Here is a humble endeavor to know about complex subject—Consciousness in simpler manner.

Reference:
'BHAGAVAD-GITA The Song of God', Translated by Swami Prabhavananda and Christopher Isherwood

‘EGO’, ‘VANITY’, *‘AHANKARA’*

(https://www.speakingtree.in/blog/ego-vanity-ahankara_45556)

Take a transparent plastic bag—fill that with ocean water and put that into an earthen vessel. Keep that earthen pot with water-filled plastic bag inside, into the ocean. A human being is just like this three-in-one arrangement. Earthen pot is the ever-decaying tangible body made up of flesh and blood—flesh and blood are made up of Atoms; and we know Atoms are mere condensations of Energies, according to the famous mathematical formula of Albert Einstein ($E = mcc$). Plastic bag is subtler than earthen pot. It is human mind with its all faculties—intelligence, feelings, learning capacity, short term and long-term memory, loads of good or bad impressions in subconscious state of mind (*Sanskara or Karmophal of three types—Prarobdha, Sanchita, Kreoman*) etc. The inner most entity of this three-in-one arrangement is body-bound consciousness of that particular individual; and this body-bound consciousness or soul or spirit or *jivatma* is part of universal consciousness or god or *Bidhata or Biswatma or Ishwar or Mahan*. Let us think that, the ocean in which the earthen pot is immersed is the universal consciousness or god. Our soul is immersed in god but our body-bound consciousness or soul or jivatma is separated from god by our mind and body. So, we can say that soul or spirit of a particular person temporarily resides in a definite psychophysical body; and this psychophysical body has well-defined form, specific name, and suggestive designation. I have an ugly physical body form. Specific name of my psychophysical body is Arun Kumar Laha. My designation—‘Doctor’ is suggestive of my profession. Amalatmanandaji has a nice physique, his good name is

Amalatmananda; and his title 'Swami' indicates that he is a respected monk. The physical form of the Rose in the vase on my table has celestial beauty with esoteric fragrance—and this tangible physical object has definite name and a loving form. The intelligence that has accumulated well-chosen matters from the ocean of Atoms and Molecules in the physical universe to express itself into such a beautiful physical object is the soul or body-bound consciousness of that rose. The purpose of the existence of the soul of the rose in the physical plane is to act as a decorative prop in the grand stage erected by *Maya* to enact an eternal drama with all animate and inanimate objects of the physical universe. The intelligence of the Atoms and Molecules in the inanimate pebble on my table, being used as a paperweight, is the body-bound consciousness or soul of that piece of stone. The intelligence of the soul of that pebble is the cause of the definite form of that very stone and this particular shape is completely different from physical forms of all other stones on the earth. No two snowflakes are similar in size and shape. Intelligence in a snowflake named 'X' is the expression of its soul or body-bound consciousness and it is completely different from the intelligence of the soul of the snowflake named 'Y'; but souls of both the flakes are mere diverse expressions of a single entity—universal consciousness. Only purpose of the very existence of body-bound consciousness of all animate and inanimate objects in the tangible universe, is to participate actively in the grand drama (divine play or *'Leela'*) organized by greatest dramatist and director—*Maya*. So, we all are actors and *Maya* or *Mahamaya* or *Makali* or *Prakriti* is the playwright and director.

The tangible physical body, made up of flesh and blood, in which the soul of a particular person resides for a stipulated period of time, is destroyed after the end of that stipulated period of time; but the plastic bag would not be destroyed. Plastic bag or mind or *manas* of that person with all *karmophal*, *sanskara* and the soul inside would accumulate matters in the physical plane to recreate a new earthen pot—a new physical body in which the soul and mind of that very individual start living

again—this is rebirth or *janmantor*.

So, my real 'I', my big 'I', my ripe 'I' is my soul, my body-bound consciousness, my *jivatma*, which is in continuum with the universal consciousness or god. My soul, soul of Swami Amalatmanandaji maharaj, soul of respected madam Anjali Mookerjee, soul of a rose, soul of a stone is really universal consciousness with three qualities or three attributes (*Triguas—sattwa, rajas, tamas*). Our physical bodies with or without mind (inanimate physical objects have no mind) are the masks of ego, that keep us separated from universal consciousness, so that we could act in different characters in the grand drama named—Physical Universe. Billions of Hydrogen Atoms, billions of dust particles, billions of plants, billions of animate objects, billions of planets, billions of stars, billions of galaxies all have put on mask of ego of diverse shape and color to participate in the drama; but at the core of their heart they all know that they all are same—they all are mere time-space-bound fragments of a single entity namely—'Universal Consciousness'. The intelligence in a fireball that keep delicate balance between the explosive force of fusion reactions and crushing force of gravitational pull is the soul of the Sun and soul of the Sun is part of universal consciousness or god. Fireball is mere the mask of ego of the soul of the Sun. 'The Sun' is the name of the fireball which has definite form and fixed lifespan. The visible fireball is impermanent but the invisible intelligence that keeps it active is permanent. Ancient Indian scientists knew this fact. They did not write verses praising the visible fireball—they worshiped the expression of god as intelligence in the Sun, and god in the Sun and in all physical bodies is invisible to the mortal eyes made up of flesh and blood but visible with the intuitive eyes. Intuitive eyes are the ever-lasting eyes of our body-bound consciousness. With their intuitive eyes ancient Indian scientists realized the existence of god or universal consciousness in all animate and inanimate objects of the created tangible universe. For this reason ancient Indian science is called *'Darshan'* meaning—'to see'. Intuitively your body-bound consciousness, my body-bound consciousness knows all about universal consciousness or god

because the same water is in the ocean and in the plastic bag. Our psychophysical bodies with names and forms act as curtains—act as masks of pretended ignorance that separate the *jivatma* (actors—water in the plastic bags) from *viswatma* (the director—water in the ocean). So, real identity or big 'I' of all animate and inanimate objects of the physical universe is nameless-formless body-bound consciousness of that particular body and our temporal identity or small 'I' or mask of ego is our physical body with diverse names and forms. Body-bound consciousnesses of all animate and inanimate objects are immersed in god; but soul of all these bodies is separated from god by the ego or *ahankara* or I-awareness. No animate and inanimate object is dispensable. All things and everything of the universe has definite role to play, stipulated purpose to serve in the grand drama organized by *Mahamaya*.

Pure Consciousness or *Purusha* or *Brahman* is ever-immutable entity and only this particular entity has real existence—so it is called existence absolute, knowledge absolute and bliss absolute. *Maya* or *Mahamaya* or *Makali* is the creative desire or creative dream of *Purusha*. So, *Maya* is inseparable from *Brahman*—as fire is inseparable from its power to burn. *Maya* creates nurtures and after nurturing for some stipulated period of time destroys her created physical universe. *Purusha* is devoid of three qualities (*Triguna—'tri'* means three, *'Gunas'* means attributes). *Maya* creates Universal consciousness or God or *Mahan* or *Bidhata* having all three *Gunas*. Combinations and permutations of the three *Gunas* create the 'I-awareness' or *ahankara* of many different shades in all animate and inanimate objects. So, *Makali* created 'I-awareness' or 'I-consciousness' or *ahankara* or ego of Mr. X is completely different from the ego of Mr. Y—and the playful nature of ego is essential for smooth running of the drama directed by *Makali*. Ego of no two created objects is same. Mr. A has an ego created out of 60% *swatta* + 30% *rajas* + 10% *tamas*. Mr. B has an ego created out of 90% *tamas* + 6% rajas + 4% *swattwa*. As a result mask of ego of Mr. A is completely different from that of Mr. B. In a Chow dance in Purulia the same

artist puts on different costumes, wigs and paints to express himself in diverse characters in mythological dramas. *Maya* created Universal consciousness or *Bidhata* or *Ishwar* expresses himself as different animate and inanimate bodies in the grand drama, organized by *Maya*. Different percentages of *sattwa*, *rajas* and *tamas* have been used as paints, wigs and costumes to create billions of actors. No two actors are similar. So, ego or I-awareness or *ahankara* is nothing to curse—it is creation of *Maya*. If all animate and inanimate objects of the physical universe could throw away their mask of ego, body-bound consciousness of all these bodies would mingle with the universal consciousness; and there would be no more any puppet left for the puppeteer *Maya* to run her show. This is against the creative wish of *Maya*. So, it is very difficult a proposition to be ego-less so long we are in the material plane. At best we could try to make ourselves free from vanity and with profound unshakeable humility in our mind we should keep this conviction deep rooted in our heart that, we all are mere minute parts of a grand system called—Pure consciousness or *Purusha* or *Brahman*. According to the master the *Brahman* is like the whole of the wood apple, a type of fruit. All tangible-intangible things, all animate-inanimate bodies, all energies, all space, all time periods are just like different parts of the wood apple—the hard outer shell, the seeds, the tasty edible portions, the sticky latex etc. This very concept of monism is the greatest contribution of Indians to human knowledge base; and this rational concept is now being endorsed by inferences of modern physics. (*"Everyone who is seriously involved in the pursuit of science becomes convinced that a spirit is manifest in the laws of the universe."* —Albert Einstein)

Universal consciousness or *Bidhata* with all three attributes creates some yet-to-be-identified strings (as proposed by string theory of modern higher physics); and different vibrations of those strings create space, time and a flood of quantum of primordial energy or *adyasakti* or 'Quantum soup'. (1) Intelligence of universal consciousness or *Bidhata*, (2) space or *desh*, (3) time or *kala*, (4) energies or *sakti* or *urga* of different

types emanating from *adyasakti*, (5) *Gunas* of *Bidhata* or *Ishwar* are five *tanmatras*. Weak force, Strong force, Gravitational force, Electromagnetic force are different expressions of *adyasakti*. Localized condensation of all these energies in the ocean of Quantum soup + space + time create all tangible bodies (*Bhutas*) of the physical universe; and intelligence of the universal consciousness with all three *Gunas* remains mingled with all these created bodies as body-bound consciousness or soul. Sum total of five organs of sensory perception and five organs of actions (ten *Indriyas*) is the physical body (earthen pot) of a person. *Ahankara* (correct English translation of this very word is 'I-awareness' or 'I-consciousness', but not 'Ego'.) is the sum total of Physical body comprising of ten *Indriyas* + mind or *manas* with various percentage of three *Gunas* (plastic bag). *Ahankara* keeps soul of all created bodies separated from the ocean of universal consciousness or God.

My mind is polluted with lust-anger-fear-envy-jealousy etc. These negative thoughts make my plastic bag thick and opaque. Moreover, my plastic bag is tinted black with desires for more and more material wealth and for more and more objects of sensual pleasure (*'kamini-kanchan'*—as said the master). My mind is ever filled with vanity about my good look, about my good health, about my respectable family background, about my plenty of acquired wealth, about my high place in social hierarchy, about my vast acquired knowledge about the mundane affairs of the day-to-day life. As a result my body-bound consciousness could not communicate with universal consciousness through my black, opaque mind. Plastic bag or mind or *manas* of Sri Ramakrishna, Sukhdev and other great masters is free from lust, anger, fear, and desire for material gain. So, their souls could remain always connected with god—the ocean water, as their mind is clear like a spotless diamond. If I could shed my vanity (*dambha* in Sanskrita), if I could make my mind free from all worldly desires, if I go with humility (*benoy* in Sanskrita) to a real *guru* to learn about spirituality, if I could practice sincerely the spiritual rituals in my coming few returns (*Janmantor*) to this material plane—there is a chance that my

plastic bag (my mind with loads of sweet and bitter experiences) would one day be thinned out sufficiently to burst out, and my soul (entrapped sea water in the plastic bag) would permanently mingle with *Biswatma*—the ocean water. This is *moksha* or *nirvana* or salvation. This is the highest goal to achieve in the life of a spiritual aspirant. To reach to that peak I have to shed from my back the load of my vanity, my megalomania, and my lust-anger-fear but not my I-awareness, my *ahankara*.

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SANATAN DHARMA

(https://www.speakingtree.in/blog/sanatan-dharma_45571)

The Sanskrita word *'Dharma'* could not be translated in other languages. 'Religion' and *'Dharma'* do not imply the same meaning. The word 'Attribute' is somehow closer to the word *'Dharma'*. Fluidity is the attribute of water. Firmness is the attribute of a piece of wood. Hardness is the attribute of a pebble. Universal consciousness or God has created pure Iron with a particular set of attributes. Pure Iron has definite color, definite strength, definite degree of elasticity, definite specific gravity, definite melting point, specific conductivity to heat and electricity; it has magnetic property, it turns into Iron oxide (rust) in presence of heat, oxygen and moisture. All these God given attributes are *Sanatan Dharma* of a piece of pure Iron. The Sanskrita word *'Sanatan'* means 'Eternal'. So, pure Iron has been created in the physical universe with all these eternally fixed qualities; and these qualities of the pure Iron are completely different from qualities of all other tangible and intangible matters of the physical universe. All these attributes of pure Iron would be changed to a great extent if a piece of pure Iron baptizes himself to 'Stainless Steel' by accepting some

qualities of Carbon, Nickel, and Cobalt etc. A bird comes out of an egg with the blueprint of some prefixed qualities impregnated in its Genes in the nucleus of each and every cell of its body; and it is expected that those qualities would be fully expressed in the lifespan of that particular bird. God given or Nature given qualities of a particular bird is *'Sanatan Dharma'* of that species of bird. If a bird were caged in its early life it would lose many of the inherent attributes. It would forget to fly; it would be accustomed to foods given by its keeper refusing its natural foods, it would try to imitate man's speech. All these are serious deviation from *Sanatan Dharma* of that species of bird.

All human children, born on the soil of the earth, have some qualities, which are common to each members of the whole human race. These prefixed human qualities or Humanism or *Sanatan Dharma* of Homo sapiens is different to some extent from *Sanatan Dharma* of apps and monkeys; but different to a great extent from the *Sanatan Dharma* of Lion, Tiger, Bison, and Crocodile etc. In the life of free-living animals and birds, their natural qualities express normally; but if they were forcefully baptized to a caged-life, their normal potentials would never blossom. Same thing happens in the life of an innocent newborn human child. Instead of allowing him to grow normally like the sapling of a Banyan tree, we encage him or her in the various isms of social-political-religious ideologies; we encage him in the dos-don'ts of the organized religious institutions; we burden his small head with the history of our past bitter experiences. As a result Humanism or *Sanatan Dharma* does not get chance to flourish in most of the members of the human race. Most deplorable fact is that, the modern human society is steadily becoming full with members having serious aberrations in mind-body-spirit; huge amount of potential psychological- spiritual energy bestowed upon man by God is being wasted in most of us. Persons with stunted growth psychologically and spiritually are over powering good-hearted innocent mass; persons with inhuman qualities are reigning over most of the human groups on the surface of the earth. As a consequence modern human society and the earth itself is gradually becoming a dangerous place to

live in. Wise men of ancient India knew this fact that to make a healthy society physically, mentally and spiritually, all children should be allowed to grow naturally; their tender mind should not be pressed into the rigid moulds of various isms, into the moulds of various belief systems. Otherwise, the children would be slaves of some fixed notions about all aspects of life, and *Sanatan Dharma* of Homo sapiens would not flourish in their life. A sapling of a tree is exposed to scorching heat of Sun, to chilling cold of snowfall, to bright light, to pitch-black darkness, to draught and flood; and all these good and bad experiences help the sapling to express god-determined *Sanatan Dharma* of plants in the life of that sapling. In ancient India all students were exposed to the free flowing stream of knowledge about all aspects of life—good and bad, profound and mundane, religious and secular, profane and sacred, physical and spiritual, practical and emotional, temporal and eternal. They were then allowed to chalk out their own way of life according to their physical-mental-spiritual ability, so that they could express fully the Humanism or *Sanatan Dharma* of mankind in their personal life. For this reason people of ancient India were allowed to eat foods according to their taste, to follow dress code according to their likings, allowed to follow religious philosophy of their choice—atheism, theism, agnosticism, allowed to worship deity of god according to their mental inclination. However, no one was allowed to show disrespects to the time-honored rules and regulations of human personal and social life. Free will of every individual was respected in ancient Indian society; but no one was allowed to disrespect the basic laws of personal life and social life. These basic laws are just like the light-water-soil of a sapling of a banyan tree. These bare necessities sustain life of the sapling; likewise these laws, governing personal and social life of man, keep human society alive.

To rescue human race from the largely looming problems of the twenty-first century and to save mother Earth (our only abode) from her imminent death, all members of the human race should be aware of the *Sanatan Dharma* of Homo sapiens. Instead of becoming slaves of some fixed notions about life, all

of us should learn about what humane behaviors are and what inhumane ideas are there in our personal-social-political-religious life. Love, pity, sympathy, empathy, fellow feeling, tolerance, humility, courage to fight evils, unshakable determination to follow time-honored norms of human personal and social life, etc are humane. These are different aspects of the Sanatan dharma of man. Hate, greed, jealousy, envy, lust, anger, fear, vanity, megalomania, dogmatism in any affair of life, etc are inhumane—these should be discarded in our life.

01 04 2009

CONCEPT OF MONISM AND WORLD PEACE

https://www.speakingtree.in/blog/concept-of-monism-and-world-peace-654603

A branch of a Banyan tree never looks down upon another branch of the same tree; never calls the second branch derogatory names—'Lower-caste', 'Harijan', 'Untouchable', 'Kafir', 'Mlechcha', 'Dalit' etc. Branches of a tree never hate each other, never disrespect or disdain each other, never fight among them; because at the core of their being all these branches know that, they all are same and they all are nothing but diverse expressions of a single entity—and that entity is a tiny, almost-invisible, seed. No two branches are same in look, in dimensions but still they are same; because they are emanating from a single source. No two waves in the ocean water are alike, but still they are same, both of them are expressions of the immense joy-of-creative-urge of the same ocean water.

All inanimate-and-animate created objects of the tangible universe (subatomic-particles-to-Black-Holes, Viruses-to-Human-Bodies) are Time-Space-bound diverse expressions of a single entity; and that intangible subtle entity has many names—'That', 'Brahman', 'Pure Consciousness', 'Creator', 'God' etc. Waves of ocean water and the water of the ocean are seamlessly continuous; likewise, Creator of the universe with all things

living-and-nonliving and the Creation itself are inseparable. Ever-immutable Creator is eternally existent, ever-changing Creation is being created temporarily to be destroyed after some stipulated period of time to be recreated anew. Tangible universe with all living-and-nonliving objects having diverse names-forms-and-attributes is creative dream of the nameless formless, attribute-less, ever-immutable Creator. Dreamer, act of dreaming, scenes in the dream are inseparable. This wishful creative dream of the Creator is named as *'Maya'*. Waves of the ocean water are created; they occupy some space in the physical universe; they exist for some period of time; then they become non-existent in the ocean water—this is called Time-and-Space-bound existence of the created things. In their temporary existence the waves are in the cage of Time-and-Space; but still they are inseparable from the ocean. Likewise, we all living-and-nonliving ever-changing-bodies of the physical universe are caged in the Time-Space-Cone, but we are never separate from our Creator—we all are God, we all are never not-God. There is no-one-and-nothing in the physical universe which is not-God. Physical universe is manifested form of God; and God is un-manifested form of tangible universe.

This all-inclusive, all-accepting, all-respecting, disdaining-none, hating-none, discarding-none, disrespecting-none concept is called—MONISM. This perennial world-view is the brain child of many highly-civilized human groups who are living for more than twelve thousand years on the geo-mass extending from the Ganges in the East to the Euphrates-Tigris to the West. (*May 29 2016: The Times of India: Indus Civilization 8,000 yrs old, not 5,500, show two new finds*). Thoughts-speeches-deeds of these peoples regarding their personal-life, family-life and social-life are always guided by, directed by this all-loving, hating-none perennial world-view. This is called *Dharma* or Righteousness or Humanness or Humanity or Main-attributes of human being or Eternally-existent attributes of the Homo sapiens. *Dharma* or attributes of man, a naked Ape, is different, to some extent, from attributes of other wild Apes, but different, to a great extent, from the attributes of Lions, Crocodiles etc. Humanness

is different from Lion-ness or Tiger-ness. Attributes (Physical, Chemical, Electrical, Thermal, Magnetic properties) of Iron is completely different from attributes of Water; but both of these two are emanating from attribute-less Creator of the Universe. *Dharma* or attributes of man expresses itself in all men as Love, Fellow-feeling, Sympathy, Empathy, Compassion, Gratitude, Generosity, Selflessness, Lawfulness, Conscience, Awareness about inter-connectedness-of-all-things-living-and-nonliving etc. In the long history of human race many great masters, time and again, preached men of all continents about this concept. Masters of Vedanta-philosophy preach about Monism saying—'I am That', 'You are That', 'He is That', 'She is That', 'They are That', 'These are That', 'Those are That'. According to Vedanta nothing is not-God, none is not-God. Realizing, at the depth of his being, the oneness of the Creator and the created, the Buddha preached whole mankind about this truth; and he asked us to apply this truth in our personal-life, family-life and social-life by practicing compassion and nonviolence to all created bodies. The Buddha realized that human mind cannot know the Creator; human organs of perception cannot perceive the Creator; human soul only could experience Him after long vigorous spiritual practices. The Buddha told his followers that, the Creator is unknowable; he asked them not to waste their not-very-long life-span in vigorous spiritual practices, but to lead normal worldly life on the path of righteousness. After experiencing the creator the Buddha became believer of the theory of Monism, but, due to his teachings, *Buddhism* became Agnostic. However, many years after death of the Buddha, *Buddhists* (young men and women of India) started living in monasteries, shunning their all worldly responsibilities, to spend their time in vigorous spiritual practices. As a result, there was serious dearth of strong hands to keep India prosperous and militarily strong, as was in pre-Buddha era; as a result, Indian civilization had to suffer from destructive blows by stronger foreign military powers for long period of time. Jesus Christ preached Monism by saying—"Love thy neighbor as you love yourself","My divine father and I myself are one". Christ himself was follower of Monism,

but Christianity became Monotheist plus Dualistic like other Abrahamic religions.

(http://www.speakingtree.in/blog/understanding-maya)

Some negative qualities of human mind (Lust, Greed, Selfishness, Fear, Anger, Mean-mindedness, Vanity, Megalomania, Jealousy, Envy, Cruelty etc. There should not be an iota of doubt about the fact that, these negativities are also expressions of the Creator of the universe. Both compassion of the Buddha and cruelty of Hitler are two different expressions of God. Only duty of human life is to suppress hidden negative traits of our mind; and to flourish positive qualities of our heart.) very often make many men forget about *Dharma* or Righteous-ness or non-duality or oneness of all created things; and this non-righteousness in their life ushers in serious adversity in their personal-life, family-life and social-life. Flaming negativity in the mind of some men brings serious sufferings in the life of whole human race. Unfortunately human race had to suffer such pain several times in the long history of our existence on the surface of the earth; and all these collective sufferings of human being was due to negative-mindset of some, but not all, members of some human groups. They were, somehow, diverted from the perennial concept of Righteousness in personal-life, in family-life, in social-life; they were derailed from the path of *Dharma*. The Mahabharata describes the sufferings of all men of prehistoric India due to non-righteousness of very few greedy persons. Highly developed civilization of the city of Lanka was destroyed due to ever-uncompromising vanity of king Ravana.

(http://www.speakingtree.in/blog/ego-vanity-ahankara_45556)

The main, rather only, theological basis of Hinduism is Monism; great masters of this faith, in different ages, realized at the core of their heart that, the Creator and the Created are inseparable. So, the concept of non-duality or Advaita is the core-idea of Hinduism, the oldest institutionalized religion in human history. Spider and the web created by it are inseparable.

As a Hindu I have every liberty to pay my reverence, love and respect, in deep meditative contemplation, only to the nameless-formless-attributeless-intangible Creator of the universe—I am then Monotheist in practice—but at the core of my heart I am profound believer of Monism; and this practice of paying reverence only to the intangible Creator requires very strong mental power which is available only to very few blessed persons of the human race. To me Creator and the Created are seamlessly continuous; so, I could easily pay my love and respect to the intangible Creator by worshiping all living-and-nonliving created objects of the tangible universe; and a student of philosophy would rightly call me—Polytheist; yes, I am Polytheist in practice but, as a true follower of Hinduism, I am unshakable believer of Monism. To get rid of my accumulated *Karmaphal* (results of my all good-and-bad deeds) of many previous births, I could dip in the holy water of the river Ganges at Gomukh, where she originates from glacier, or at town of Banaras, or in the city of Kolkata, or at Sagar-island, where the sacred river meets the ocean; my purpose would be served by any one of these options. Most of the Hindus do this in their daily life—they express their love for the Creator of the universe by worshiping many a created gross body. The worshiper's body is an expression of God; his mind and soul with which he is worshipping are expressions of God; he is paying homage to the Creator of the universe by worshiping a pebble, offering water-flower-leaves to the pebble; and that very pebble is an expression of God; offered items—water-leaves-flowers—are also expressions of God. So, we could easily say that, this whole business of worshiping is a unique play of God with Himself—this is called *'Lila'* in Sanskrita—*'Lila'* is playful enjoyment of the Creator with the Created ('Sanskrita' is correct spelling, not the 'Sanskrit'). It is just like enjoyment of my dog while playing with its own tail. Krishna, embodiment of righteousness, fought against his non-righteous maternal uncle; it was a fight of righteousness against non-righteousness; this was a *'Lila'* of God; both the righteousness of Krishna and non-righteousness of Kans were different expressions of only one entity; and that very

entity is none other than the Creator of the universe. Before starting intake of food we, followers of Monism, recite a verse in Sanskrita describing that, the eaters, the edibles, the act of eating all are diverse expressions of only one entity; and that entity is nothing other than the Creator of the universe. This is remembrance of the concept of Monism in our day-to-day life. To experience the feeling of hunger the Creator expresses Himself as a hungry lion; He expresses Himself as the feeling of joy when the lion kills a prey; He expresses Himself as feeling of agonizing pain of being killed, when the prey is killed by the lion; He expresses Himself as feeling of satisfaction when the lion is full. In this whole drama the Creator of the universe is the playwright; He is the stage; He is the actors of different names-and-forms on the stage; He is the different psychological facets (*Bhava* in Sanskrita) depicted in different scenes of the drama. This is the theory of Monism.

In the early morning when I worship the Sun, I do not worship the ball of fire, thousands mile away from me; I worship the Creator of the universe, who has expressed Himself as intelligence, and that intelligence keeps perfect balance, between the crushing force of the gravitational pull and the explosive energy of Fusion-reaction, to keep the Sun, an unique creation, glowing. When we Hindus worship the Sun, the Moon, Stars, Planets, Mountains, Hills, Rivers, Stones, Plants-and-Trees, Animals and other tangible objects we actually do not pay our homage to these ever-changing, ever-decaying temporal entities; we pay our respect to the ever-immutable, ever-lasting Creator of the universe who has expressed Himself as Energies-Matters-Space-Time, the four tangible building-blocks, needed for creating all inanimate-and-animate things of the physical universe.

With love and respect, when I offer water-leaves-flower in front of a painting of Sri Krishna, as charioteer of warrior Arjun in the battle-field, I do not worship the paper on which the paints of different colors are brushed, I do not worship the paints used; I express my gratitude to the creator of the universe for expressing Himself, through Sri Krishna, as a unique knowledge-bank—the Gita. Men of all ages, who are deviated from the path

of righteousness or *Dharma* get encouragement from the Gita to remember the forgotten Monism-based world-view; and this all-encompassing world-view, inspire them to lead their life on the path of *Dharma*. The Gita is the best practical manual on the science-and-art of human-resource-development for men of all ages—it awakens our conscience; awakened conscience of ours instructs us about—what to do in personal life, what to do in family life, what to do in social life, what ought to think, what oughtn't to think, what ought to speak, what oughtn't to speak, what ought to do, what oughtn't to do.

In every autumn we enthusiastically participate in the grand celebration of worshiping the idol of goddess *Durga*; there, we actually do not pay homage to the materials, which the idol is made up of. We pay our reverence to the Creator of the universe, Who has expressed Himself as diverse facets of our mental states. Idol of *Durga* is symbolic depiction of the different good-and-bad aspects of human mind—Intelligence, Memory, Knowledge, Ignorance, Delusion, Lust for sensual pleasure, Hunger for food and drinks, Indulgence in the diverse forms and glittering beauty of the impermanent created things—ignoring the ever-lasting Creator, Sense of satisfaction, Compassion, Expression of forgiveness, Expression of reverence, Expression of peace and tranquility, Expression of vanity and many others. Idol of the *Durga* symbolizes physical energies (Strong force, Weak force, Gravitational force, Electro-magnetic energy) in all created bodies and psychic Energies in living things. *Durga* symbolizes Light-and-Darkness, Cruelty-and-Compassion, Good-and-Bad, Love-and-Hate, Greed-and-Generosity, Broad-mindedness-and-Mean-mindedness, Creator-Nurturer-Destructor of the universe etc. ('Sadhan Samar'—By *Sat*yadev. Published by 'Gita Press' Gorakhpur-273005; this Bengali book is a unique commentary on the Sri Sri Chandi).

In a multi-cellular organism a particular cell works incessantly for its own survival and at the same time it works for the system of which it is a part. Likewise, a person works hard daily for his sustenance and for wellbeing of his family members; and at the same time he works for the society at large; he works for the

whole human race, of which, he is a member. All members of the human race could contribute to the society in four, only four, different ways, as described the ancient scriptures. Teachers, preachers, priests, psychologists, doctors serve the society by their intellectual power; kings, politicians, ministers, soldiers, police-personnel, judges serve the society by their ability to deliver administrative skill and skill for strategic planning; businessmen, industrialists serve the society by their ability to run smoothly manufacturing-trading-and-commercial activities. With their strong hands, a large group of men accumulate wealth from nature for all members of human society. Service of all these four groups is essential for the existence of human race. Persons of all four groups should be treated with equal respect; members of one group should not disdain, disrespect members of any other group. In a beehive members of different classes of bees work their stipulated jobs; and works of all groups are accepted with due respect. Civilized human society was divided into four classes in the past, is now divided into four classes, and would be divided into four classes in future. Classless human society is an irrational dream. A person should be included in a particular class depending on the type of work he or she does; not depending on the class in which his or her father belongs. At birth daughter of a military officer belongs to the warrior class, no doubt about that; but she should be accepted in the class of priests when in adulthood she works as a qualified doctor. Son of a teacher, who is serving the society working hard in a manufacturing facility, is a respected member of the working-class; he is no more a member of the class of priests-teachers-preachers. No class is better or superior to other classes. Inter-class hatred and fight is a ridiculous affair in Indian society—we should be mature enough psychologically to overcome this nuisance; concept of Monism would help us a lot in this endeavor. Rivalry, fighting-spirit in inter-class sports and games at schools and colleges should be encouraged; but inter-class hatred and fight in society is always condemnable.

Most of the other institutionalized religions, in vogue in the modern human society, are dualistic in nature; and followers of

those religions believe in Monotheism. They think there is only one intangible entity that has created the tangible universe having bodies of diverse names and forms; and the intangible Creator of the universe and the tangible physical universe itself are two completely different entities; and these two are never inseparable. A potter and the pots, of different sizes and shapes, manufactured by him are always two different entities. So, core idea of these religions is dualism in belief and monotheism in practice. Followers of these religions pay their respect only to an intangible Creator; and they think it is a serious sin of blasphemy to worship a created body believing that, the created bodies are never not-God. Here is the difference of opinion between Hinduism and Abrahamic religions. They hate and look down upon Hinduism considering us primitive idol-worshipers; and consider Hindus as spiritually-less-evolved, less-civilized human groups. For last thousand years they are trying hard to make us civilized. This is a unique irony of human history. Main motto of modern science is to identify the ever-immutable ultimate building-block of the ever-changing physical universe; and modern science has come to the conclusion that ever-changing Space-Time-Energies-Matters are not the ultimate building-block of the physical universe; ultimate building-block is an entity—which is beyond all these four; these four are emanating from that entity; that entity is nothing other than Pure Consciousness; masters of Vedanta-philosophy call that most subtle entity by many names—'Brahman', 'That' etc. So, we see that, a very important inference of modern science is mere distant echo of the concept of Monism, which is being nurtured by thousands of Hindus for many thousands of years. The Created is emanating from the Creator. So, both the theory of Monism of ancient India and the inferences of modern science say in unison—'Creator and the Created are inseparable'. Most, if not all, religious rituals and spiritual discourses of Hinduism spin around the concept of Monism; but we should never think that, only the people of Indian subcontinent have every right to this concept; men of different human groups from different geographic

areas contributed largely in building this towering concept; this concept is secular in nature and its ideas are rational, free from airy-fairy notions; and inferences of this concept is scientifically reproducible.

(http://www.speakingtree.in/blog/monism-and-monotheism-208793)

Healthcare, education and other welfare measures of the people of India were severely neglected by foreign rulers before 1947; philanthropic organizations and spiritual institutions, at that time, contributed a lot in helping the hapless people of India; they used to run charitable hospitals, dispensaries, orphanages, free schools-collages etc. Now, it is responsibility of the state and the philanthropic organizations, of independent India, to take care of the wellbeing of the citizens; state should take care of all round welfare of the people. On the other hand, Spiritual organizations—like 'Ramakrishna Mission', 'Bharat Sevashram Sangha', 'Art Of Living' and many others, in free India, should invest all their time-resources-manpower in helping all men of all continents, each and every person on the surface of the Earth, in remembering about their ancestral property; and that sacred wealth of all men is the concept of universal-brotherhood based on the theory of Monism. They should preach all men that, no one has to be a Hindu, no one has to follow religious rituals of Hindus, they should follow the teachings of the organized religion of their choice, but at the core of heart all men should keep this conviction ever-awake that, we all have originated from one source—so, we all are brothers, we should not hate each other, we should not fight among ourselves. This all-loving perennial concept is ancestral property of each and every member of the modern human society; this concept is secular; it is not brain-child of the followers of any particular institutionalized religion. Whole human society, in the twenty-first century, is suffering from unimaginable pain in the inferno of hate among human groups; only the concept of fellow-feeling and brotherhood among all human groups could extinguish that fire; and all-encompassing, all-loving teachings of the theory of Monism would contribute a lot in bring lasting peace in human society—

this is the main advice among all advices of Sri Ramakrishna and Vivekananda to modern man.

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http://www.speakingtree.in/blog/mayavati-ashram
JANMASTOMY, 25/08/2016
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KATHAMRITA

(https://www.speakingtree.in/blog/kathamrita-808232)

Words of the Master is a free-flowing river of unfathomable wisdom about all things and everything of the Universe; it is self-illuminating; Sri M was immensely intelligent to realize this very fact; so, he did never try to write any commentary or elaborate explanation on Master's speeches; Sri M tried his level best to record Master's utterances without any editing; his heart was so full of love and reverence for the Master that he recorded even the rustic accent of rural Bengal uttered by the Master. For the first time in the long history of humanity, unaltered words of a living great Master had been recorded meticulously by a highly educated competent person. Teachings of the Buddha and the Christ were recorded, in black and white, much after their demise; so there might have been chances of some alterations and distortions in those recordings.

We Bengalees are fortunate; we are blessed, we are grateful to almighty, because, the Master expressed Himself as Mahendranath Gupta, through whom we communicate with the Master daily in the language we understand best. The master expressed Himself as Swami Vivekananda, through whom the world tries to understand the theory of Monism, the most important pillar of Hindu Philosophy. The Master expressed Himself as Sri Sri Ma Sarada, through whom world learns how to live worldly life touching God's feet with one hand; and the other hand is being used for worldly activities.

Kathamrita does not require voluminous made-easy-books written by scholars of different fields of study; but it does require reliable translators for closest-to-the-source translations to different languages of all continents. Through *Kathamrita* the Master Himself feeds divine- nectar to serious spiritual-aspirants; and He knows best how to feed, what to feed and how much to feed a particular aspirant; however, all these depend on the psychological-capability and spiritual-preparedness of the person being fed. To me the Gita is Sri Krishna Himself; I love to think the *Kathamrita* is our beloved Thakur of Dakshineswar; it is not a mere book; through *Kathamrita* I could put my forehead on the Master's lotus-feet, through *Kathamrita* I could converse with Him at any time.

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MONISM AS THE BASIS OF INTERNATIONAL PEACE

https://www.speakingtree.in/blog/monism-as-the-basis-of-internatiomal-peace

I am not the ever-decaying physical entity, made up of energies-matters-space-time, in which consciousness takes birth due to interaction between matters and energies; I am Consciousness itself. The idea of birth of consciousness and life-force or *Prana* from the ocean of matters and energies is a serious misconception—according to ancient Indian scriptures. I am really ever-immutable, eternally-existing Consciousness that has expressed itself, in the physical universe, as an animate-object, having—(i) tangible body (*annamoykosh*), (ii) mind (*monomoykosh*), (iii) vitality or life-force or prana (*pranomoykosh*), (iv) intellect (*bigyanmoykosh*), (V) bliss (*anandamoykosh*).

[https://mail.google.com/mail/u/0/#inbox 1574e38aa2e7e37a?projector=1]

Only I am eternally existent but not these five sheaths of mine; these sheaths are subject to decay and destruction over time. Of these five, first one is my visible outer garment; other four are my invisible inners. I am allowed to use these garments for some stipulated period of time; after that I would leave these sheaths to recreate newer sheaths in a different Space-Time conjoin—this is the concept of reincarnation or rebirth or *Janmantor* in our scriptures.

Likewise, Pure Consciousness or *Param Brahman* is the only entity in the universe that has real existence; all other bodies in the universe are temporal; according Swami Vivekananda *Param Brahman* is 'Existence absolute', meaning, this is the sole entity, this is the only entity in the universe that has real existence, this is eternally existent, eternally immutable. *Param Brahman* or Pure Consciousness is the ultimate building block of all things and every-thing of the universe; it is the only seed which has expressed itself as all inanimate-and-animate bodies of the vast tangible universe; it is just like the expression of a tiny, almost invisible, seed into a gigantic Banyan tree; and many inferences of quantum-mechanics, about real or true nature of the universe, are inching towards this concept of ancient Indian scientists. Pure Consciousness is primordial entity of the universe; Pure Consciousness is not byproduct of any interactive processes between Energies-Matters and Space-Time; on the other hand, all these four emanate from Pure Consciousness. *Param Brahman* is attributeless (*trigunatita*—devoid of all three primordial qualities or *Gunas* of the tangible universe—*swatta, rajas, tamas*). *Param Brahman* is beyond Space-Time. Creative desire or wishful dream of *Param Brahman* gives rise to *Parama Prakarti* or *Brahman* with all three attributes; and this act of dreaming of *Param Brahman* is called *Maya*. Sri Ramakrishna worshiped *Parama Prakritias* Goddess Kali or *Trigunamoyee Mohamaya*. *Parama Prikriti* expresses Herself, with all Her three inherent *Gunas*, as Energies-Matters-Space-Time, Vitality or life-force, Mind with all its faculties, Intellect, Conscience etc. Ever-changing, ever-mutating, ever-flitting physical universe, with all inanimate-and-animate bodies, is

nothing but different scenes in the dream of *Param Brahman*. *Brahman* with attributes expresses itself as tangible physical universe; nurtures that for some stipulated period of time; and dissolves the creation into itself after end of that period to recreate anew. The dreamer (*Param Brahman*), the act of dreaming (*Maya*), and scenes in the dream (Physical Universe with all inanimate-and-animate objects) are inseparable; these three are seamlessly continuous. This is the concept of Monism or *Advaita* or Non-dualism—the greatest intellectual contribution of Indian brain to human civilization. [*'Sadhan Samar'*—written by *Sat*yadev. Published by 'Gita Press' Gorakhpur-273005; this Bengali book is a unique commentary on the *Sri Sri Chandi*].

[http://www.speakingtree.in/blog/understanding-maya]
[http://www.speakingtree.in/blog/monism-and-monotheism-208793]

Lying on my cozy bed I am engaged in wishful day-dreaming that, I am playing soccer against the team of Lionel Messi; I am listless, unmoving on the bed; I am an indifferent observer of the dramas in my dream; but scenes in my dream are changing rapidly over space-and-time. I am intact, un-segmented or *Purna* on my bed; and I am equally *Purna* or intact in my dream. Likewise, both *Param Brahman* or *Brahman* without attributes ('The Dreamer', 'The Creator', 'The Indifferent observer') and *Brahman* with attributes ('Flitting Scenes in the dream' or 'The tangible Creation') are always *Purna*, intact, un-segmented; according to poet Rabindranath's realization there is no lose, no deficiency in the universe, the universe is always full in its un-decaying fullness. Many inferences of the study of higher Physics also echo this truth. [*'Om purnamadahpurnamidan... purnameva-vashishyate.' —Ishopanishad*]

The human society, in the 21st century, is experiencing intolerable pain and agony in the inferno of hate among different human groups. Concept of Monism, only the all-encompassing, all-accepting concept of *Advaita* could usher in lasting peace and perfect harmony among different embattling groups in human society. Concept of universal brotherhood, and idea of having sympathy and empathy for all things and everything of the

universe, based on the teachings of the theory of Monism, would bring lasting peace and prosperity in human society. All important teachings of Sri Ramakrishna, in this regard, ['Service to all animate objects of the universe is worshiping the Creator, because, Creator and Created are inseparable'; and 'All religious concepts and spiritual paths, in vogue in modern human society, are true paths to realize the Creator at the core of heart of a sincere spiritual aspirant; and this is because, all spiritual paths and religious concepts are diverse expressions of an entity that has real existence; and that very entity is nothing other than *Param Brahman*'.] are based on the concept of Monism.

[http://www.speakingtree.in/blog/mayavati-ashram]

[https://archive.org/details/EBookDoctorPDF27062008]

[Written on 08 10 2016, Mahasaptami, reading two articles on the pages of the 'Bulletin of the Ramakrishna Mission Institute of Culture' September 2016 issue, 'Spirituality in Science' and 'International Peace and Its Basis'].

08 10 2016

NON-TRANSFORMATION OF CONSCIOUSNESS

https://www.speakingtree.in/blog/nontransformation-of-consciousness-363561

According to the concept of 'Monism' of *Advaita Vedanta* 'Consciousness' is 'IS'; Consciousness is 'The Existence Absolute'; Consciousness is the only entity that has real existence; Consciousness is eternally-existent, eternally-unchanging infinite entity; Consciousness never undergoes transformation; created entities undergo transformations; created entities are subject to changes; Consciousness is not created; so, Consciousness never undergoes transformation. Consciousness is the creator and Consciousness is the only ingredient used in creating the tangible universe with all inanimate and animate objects. Think about the spider and its created cobweb. Creator and created are inseparable. The same Consciousness is present in a subatomic

particle and in a supernova; the same Consciousness is present in a virus and in a human being. However, degree of expression of Consciousness differs in different created things.

Consciousness expresses Himself to a lesser degree in an inanimate thing, expresses to a greater extent in a virus, expresses much more in a plant, expresses to a very great extent in a human.

Evolution of animate objects of the physical universe from simple viruses to most-complex entity—mind-body-system of Homo Sapiens—is not the outcome of an automatic process, not the result of an accidental happening; it is results of deliberate designing by Consciousness, it is the outcome of wishful planning of Consciousness, which is the ultimate building block of the universe; yes, not the atoms, not the subatomic particles, not the quanta of various energies, not the imaginary 'Strings' of the 'String theory of higher Physics' are the ultimate building block of the universe—it is Consciousness and Consciousness alone is the ultimate building block of the created universe; and it is very difficult to realize that Consciousness, the most subtle entity of the universe, is the ultimate ingredient used in creating all tangible things—big and small—of the universe. Sri Ramakrishna helped Swami Vivekananda in realizing this sacred but secret truth—'Consciousness is the ultimate building block used in creating all inanimate and animate bodies of the universe, about which we know through our not-so-competent sense organs.' But we cannot perceive this truth through sense organs of our mind-body complex; this truth is perceivable only through open intuitive eyes of our soul; very few persons under the Sun are blessed enough to perceive this truth through their intuitive wisdom. From his writings we are very much convinced that poet Rabindranath was also such a blessed person.

In human body Consciousness expresses Himself differently through different Chakras; in lower Chakras Consciousness expresses Himself as Lust Anger Fear etc and at highest Chakra—Sahasara—as *Samadhi*. The same Consciousness expresses Himself differently in different time periods and through different Chakras of murderer Ratnakar and saint Valmiki.

Ever-immutable Pure Consciousness (*'Param Brahman'*—

according to wise men of ancient India) is free from all attributes, devoid of all three qualities or *Gunas*—*Swatta* (Purity), *Rajas* (Ardent Activity), *Tamas* (Unshakable inertia) seen in all inanimate and animate objects of the created universe. Pure Consciousness is ever-indifferent dreamer and ever-changing created universe is nothing but different scenes in His wishful creative dream. *'Maya'* is the name given to this process of creative dream of Pure Consciousness by wise men of ancient India. *Maya* creates three *Gunas*; for this reason, all *Maya*-created objects of the universe are never devoid of all three *Gunas*.

Existence of the created universe is dependent on the existence of Pure Consciousness—the dreamer; but the existence of Pure consciousness is not at all dependent on the existence of the created universe—scenes in His dream; for this reason ancient Indian wisdom used to think that, 'The dreamer is absolute truth and *Maya*-created scenes in the dream is relative truth'; the dreamer, the very act of dreaming and ever-mutable scenes in the dream are inseparable. Lying on my cozy bed I am having a wishful dream that, I am playing soccer with Lionel Messi; my existence is not dependent on the ever-flitting pictures in my dream, but existence of the scenes in my dream is dependent on my existence. In this system the dreamer, act of dreaming and the ever-changing scenes in the dream are inseparable. I am unmoving, but scenes in my dream are moving; likewise, *Param Brahman* is unmoving, immutable over space and time; because *Param Brahman* is beyond space-and-time; Matters-Energies-Space-Time, four basic ingredient of physical universe, are created by *Maya*; but *Maya*-created universe is ever-changing over time-and-space, because *Maya*-created tangible universe with all inanimate and animate things is always in Time-Space-Cone; and this idea is endorsed by modern physics. How does Consciousness (The ultimate building-block of the universe), the most subtle entity of the universe, create Matter-Energies-Space-Time, four—only four—basic ingredients of the physical universe, is a great mystery; and this mystery is yet to be solved by modern physics. However, Pure Consciousness unveiled this secret to many great spiritual masters of

different time periods, and most recently to Sri Ramakrishna, only true friend-philosopher-guide of modern man.

(Written after reading an article in the May 2014 issue of the 'Bulletin of the Ramakrishna Mission Institute of Culture'. Name of the article is 'Transformation of Consciousness'.)
18 05 2014

Understanding *'MAYA'*

https://www.speakingtree.in/blog/understanding-maya

According to the theory of 'Monism' of ancient Indian scientists of *Advaita Vedanta* school of thought, Pure Consciousness or '*Param Brahman*', without attributes, is the only entity in this Universe which has real existence; all other things of the Universe are non-existent, because the tangible Universe with all inanimate and animate objects is mere creative dream of Pure Consciousness. Ever-immutable, eternally-existent, formless Pure Consciousness is the cause of creation of the tangible Universe; and He is the ultimate building-block used in designing all created objects of this ever-changing physical Universe. Created physical Universe with all living and nonliving objects having names and forms is in the domain of space-time; but nameless, formless Pure Consciousness is beyond time and space. Ancient Indian scientists used to call the creative dream of Pure Consciousness as—'*Maya*'. *Maya* creates '*Ishwar*' or 'Universal Consciousness' or *'Bidhata'* or '*Brahman* with attributes'. Universal Consciousness has three basic attributes—*'Swatta'* or purity, *'Rajas'* or ardent activity, *'Tamas'* or inertia. *Ishwar* creates the physical Universe, maintains his creation for some stipulated period of time and destroys the created Universe after the end of that period of time. *Ishwar* TRANSFORMS Himself into Primordial energy, Matters, Space-Time-cone; and we know that only these four basic ingredients are used as building-blocks for creating the physical Universe about which we know through our sense organs. So, Creator and Created are

inseparable—and this non-dualistic view about the universe is the basic theology of Hinduism. According to the famous mathematical equation—(E=M.C.C)—matters are nothing but condensation of energies; and all energies (Strong Force, Weak Force, Electro-magnetic energy, Gravitational force) are different expressions of the Primordial energy created by *Maya*. Ancient Indian scientists used to call Primordial energy as—*'Addya Sakti'* (*'Adi'* means Primal and *'Sakti'* means Energy); 'Unified field theory' of modern science is an effort to understand logically the *'Addya Sakti'* of ancient Indian scientists, who are known to us as—*'Rishis'*.

As all living and nonliving things of the created Universe emanate from '*Brahman* with three attributes', all animate-inanimate, tangible-intangible objects of this Universe have different permutations and combinations of various proportions of these three basic attributes—'*Swatta*', '*Rajas*' and '*Tamas*'. *Swatta* means purity, blissful indifference; Noble metals—Gold, Platinum are bright and beautiful and they are indifferent in taking part easily in any chemical reactions—these are examples of tangible objects created with higher percentage of *Swatta*. 'God damn particle' or in short 'God particle' or 'H-B particle' gives mass to a created body; one of many attributes of mass is inertia. So, the H-B particle has been created by *Ishwar* with a higher percentage of *Tamas*; because what is 'Inertia' to a modern scientist is '*Tamas*' to an ancient Indian scientist. Ever-active Electro-magnetic energy, Weak-force are created with higher percentage of '*Rajas*'; '*Rajas*' means ardent activity. Argon, Neon and other not-so-active elements are examples of inanimate objects with higher percentage of *Tamas* in them. The Buddha, Jesus Christ, Sri Ramakrishna Paramansha were created with higher percentage of *Swatta* in them; great monarchs and warriors in the human history are examples of people with higher percentage of *Rajas* in them; men, with higher percentage of *Tamas* in them, live an effortless life with begging bowls in their hands.

These concepts of *Rishis* regarding the genesis of the Universe are rational answers to eternal questions of human

mind—(I) 'Who am I', (II) 'What is the never-changing true nature of the ever-changing physical universe in which I stay for some stipulated period of time', (III) 'What is the relationship between myself and the physical universe'. These concepts are not airy-fairy notions fabricated by some fanatic hermits of ancient India; these concepts are rational ideas and these are free from uncanny mysticism. These profound concepts were designed by rational knowledge about the tangible universe emanating from the left half of the human brain along with intuitive wisdom expressing itself in pulses from the right half of the human brain. Many marvels of modern science (e.g. theory of relativity, double-helical structure of DNA etc.) are the outcome of coordinated effort of two halves of the human brain.

Rishis used to analyses all phenomenon of the tangible universe with intelligence of the left brain, which is seat of all rational thoughts; and they used to undertake meditation and other spiritual practices to empower their right brain; and this right half of human brain is meant to usher in intuitive wisdom from Pure Consciousness, Who is 'Existence absolute', 'Knowledge absolute', 'Bliss absolute'; He is both the subject and object of knowledge, moreover, He is the very act of knowing. So, knowledge coming from Pure Consciousness about the tangible and intangible entities of this Universe is absolute truth. Rational truths (about the created universe) unveiled by modern science are fragments of absolute truth; and this absolute truth was perceived by ancient Indian scientists as intuitive wisdom at the depth of meditative state of mind transcending the materialism of the created Universe. According to Sri Ramakrishna, our effort to know all things and everything about the Universe using the knowledge acquired by our sense organs is just like the futile effort of a few blind men to know about an elephant. One of them perceives an elephant as a rope, to another person it is like a pillar, to some other unfortunate visually challenged person it is like a hosepipe. Their understandings about the elephant are not untruth; but their ideas about elephants are fragments of totality. Likewise, facts about the created universe unraveled by modern science are fragments of absolute truth about the universe. To realize

the ever-immutable absolute truth about the physical Universe we have to look at the Universe with our open intuitive eyes.

All created objects of this tangible universe are accumulations of quanta of different energies in the space-time cone. Parts of Universal Consciousness or *Ishwar* remain embodied as intelligence in each and every created body of the physical universe; and this part of the *Ishwar* is soul or body-bound Consciousness of a particular body; and soul of that body is in continuity with the soul of all other created bodies—just like the string in a garland. Soul of the Sun is that part of *Ishwar* which expresses itself as intelligence to keep perfect balance between crushing force of gravitational pull and explosive force of fusion energy. Soul of a rose is the intelligence of *Ishwar* that accumulates chosen matters from the ocean of matters of this physical universe to create such a beautiful object. Inanimate objects are created by *Ishwar* taking only four ingredients—Matters-Energies-Space-Time; and these four ingredients emanate from *Ishwar*. *Ishwar* keeps Himself mingled with all inanimate objects of the universe; and part of *Ishwar* in an inanimate body is the soul of that particular body. Souls of some created objects of the universe are illuminated for some stipulated periods of time by Pure Consciousness or *Param Brahman*—these are living things of the universe. At the moment when Pure Consciousness would stop illuminating my body-bound consciousness or my soul, my physical body would become an inanimate object like a stone; and my soul and mind would leave the old body to recreate another physical body accumulating matters from the ocean of matters of this physical universe—this is death of physical body and reincarnation of Soul-mind combo. So, you and I, all plants and animals, all planets, all stars and galaxies are different expressions of *Ishwar* or Brahman with attributes.

Followers of Hinduism could pay respect and regards to formless *Param Brahman* or could worship Almighty in all different tangible forms of *Ishwar*. We are not slaves of a single idea about Creator and Created propagated by any mortal or by any particular scripture. We have thousands of Deities of the

Creator; we have thousands of mythology, ritual and rites to pay our homage to the Creator. *Param Brahman* is not created in the space-time cone, so He is ever-immutable—this formless entity is ever-existent, this is absolute truth. Ever-changing, impermanent created universe is a relative truth.

Adi Sankaracheryya and other great spiritual masters used to think that only *Param Brahman* is an existent entity and only *Param Brahman* is truth, and ever-immutable *Param Brahman* never created the tangible universe—tangible universe according to this school of thought is nonexistent.

According to modern science the pen which I am now writing with is mere condensation of some amount of quanta of energies; sensory stimuli from this particular accumulation of quanta of energies are going to my sensory organs where receptors are stimulated to evoke nerve impulses, which go to my brain to stimulate different areas of my brain. *Param Brahman* through my brain and through my sensory organs interprets that accumulation of energies as an object with definite form and name—'PEN'. My soul illuminated by *Param Brahman* is not an outcome of electrical-electrochemical activities of neurons of my brain. Modern science has accepted the fact that 'Consciousness is extra-cerebral'. Viruses, Unicellular organisms and many other lower animals without neurons do their daily work with conscious awareness. *Param Brahman* works through the soul and bodies of all animate objects of the universe. *Param Brahman* through you interpreting a particular accumulation of quanta of energies as a beautiful bird to look at to enjoy its beauty; at the same time *Param Brahman* in a cat on your lap is interpreting that very accumulation of quanta of energies as a good meal. Physical reality is an interpretation; observer, interpreter *Param Brahman* is real, *Param Brahman* is TRUTH; created universe is His wishful dream—so created universe is non-existent. Dreamer is real, scenes in His dream are not. This is the concept of *Maya*, propagated by Adi Shankaracharya; modern science endorses this concept—'Object does not exist without observer'. *Param Brahman* is the only observer, He is the only dreamer; we, all inanimate and animate objects, are

dancing in His dream according to His whim. The Sanskrita word '*Maya*' does not imply the creation of illusive reality as done by magician Mandrake; **'*Maya*' is the name of the process by which infinite *Param Brahman* projects a finite wishful imagination on Himself.** We Hindus worship '*Maya*' or '*Mahamaya*' as inseparable consort of *Param Brahman*, dreamer and the process of dreaming are inseparable, a flame of fire and its power of burning are inseparable.

When we offer our respect to the Creator through different rituals we are then Dualists. We are considering here that the worshipper and the entity that is being worshipped by the worshipper are two different entities; most of the Institutionalized religions of human society are dualist in nature—this is the path of Devotion or Bhakti. When a person meditates upon the concept—'Creator and the Created are one and these two entities are eternally inseparable; Creator is really existent and Created is mere fleeting dream of the Creator', he is a Monist or Non-dualist; and this is the path of Knowledge or Gyanyog.

We Hindus worship all things and everything of the tangible Universe. When we worship a stone or a plant or an animal or a man or a woman or a planet or a star we pay respect to *Param Brahman* in the stone, in the plant, in the planet, in the animal, in the human figure, in the star. When with folded hands we say - 'Namastaa' or 'Namaskar' to another person we offer our heartfelt respect to *Param Brahman* in that person. So, even though Hindus worship many deities of the Creator, inherent monism is the main theological basis of Hinduism.

Parallel rays of light from the Sun, after passing through a biconvex lens, create a real image of the Sun on the screen. If you concentrate on the image you would understand that the existence of the image is a truth, but this truth is dependent on another truth—'Existence of the Sun'; so, existence of the image is a relative truth. If you go beyond the lens you would realize that the existence of the Sun is absolute truth, because, the existence of the Sun is not at all dependent on the existence of the image created by the lens. However, the lens-created image of the Sun has all the glory of the Sun. *Maya* is like the lens. Ever-changing,

impermanent created universe is the image of *Param Brahman*; the created universe has all the glories of *Param Brahman* in it; and we ordinary mortals are stuck to the immensely glittering beauty of the glorious creation of *Maya*. To us the only truth is the pleasure-and-pain of the *Maya*-created universe; we are least interested to know about the subtler truth about the gross physical universe, because most of us are unable to go beyond *Maya*. To realize the impermanent nature of the physical universe and to know about the ever-existent nature of *Param Brahman* we have to go beyond *Maya*. To know about the impermanent nature of the image of the Sun you ought to go beyond the biconvex lens. Hindus worship *Maya* and pray for Her kind help in realizing the eternally-unchanging truth about the ever-changing physical universe. Human Soul-mind could realize the absolute truth about the Universe only when *Maya* allows our Soul-mind to go beyond Her.

Jagyobalka, Gargi, Janaka, the Buddha, Jesus Christ, Adi Sankaracharyya, Sri Ramakrishna Paramansha and many other great spiritual masters of all human groups could go beyond *Maya* through intense spiritual practices. All secrets about the physical universe and all doubts about the relationship between Creator and the Created became crystal-clear to them. They realized at the core of their heart that *Param Brahman* is the only entity that has real existence and the created universe is non-existence because the physical universe is nothing but the virtual dream of *Param Brahman*. (Jesus Christ, most probably, was taken from abroad, in his early age, to Indian spiritual practices by *Buddhi*st monks who used to roam in all parts of Asia. Hindus worship Jesus Christ but not Christianity propagated by different churches.)

In ancient India, great spiritual masters, about whom we know from voluminous treaties of Upanishads, never asked ordinary men of the society to discard the life on the material plane as untruth. They used to teach young minds—'Paravidya', 'Aparavidya'—spiritual training and training for worldly activities simultaneously. In the Gita, a perfect compilation of teachings of all Upanishads, Sri Krishna asked us to perform our

all worldly duties intelligently on the righteous path keeping our conscience ever-awake. Due to these teachings, keeping perfect balance between spiritual wisdom and materialistic knowledge, ancient Indian society evolved to a great height in all spheres of life—philosophy, social sciences, legislation, architecture, mathematics, literature, linguistics, phonetics, grammar, astrology, astronomy, medicine, psychology, entertainment, material prosperity, military power etc.

The Buddha after realizing *Param Brahman*, going beyond *Maya* through rigorous spiritual practices, taught young men of India about impermanent nature of the physical universe; he also preached that this material world does not give lasting joy and peace of mind; according to the Buddha ever-lasting bliss, thousand times more enjoyable than the pleasure given by the material world, is available only after coming in contact with *Param Brahman* through undisturbed spiritual practices; the Buddha described that our life on the material plane is full of miseries. These teachings of the Buddha encouraged large numbers of young men and women of India in the post-Buddha era to take up life of ascetics shunning all worldly duties, they started living in monasteries shaving their head clean. As a result there was a serious dearth of strong hands in Indian society to perform all worldly activities. India became weak in all spheres of life; floods of foreign invaders started pouring in India. Teachings of the Buddha, but not those of Adi Sankaracharyya as told by renowned scientist Mr. Mani Lal Bhaumik in his Bengali book, are responsible for all round downfall of Indian society. Adi Sankaracharyya was aware of the impermanent nature of this material plane; he realized that only ever-immutable *Param Brahman* is absolute truth and ever-changing *Maya*-created universe is relative truth. There is a serious misconception among many scholars that Sankaracharyya discarded worldly life as untruth. Sankaracharyya was aware of the fleeting nature of worldly life, but he did not disrespect or disdain our life on the earth. He was aware of importance of life on this material plane, he prayed for wellbeing of this life of man on the earth :

''Mother Annapoorna,
You who are eternally complete,
You, the very life of Shiva,
Give me food (in alms)
So I can sustain my body
To achieve Supreme Knowledge.''

[This prayer of Adi Sankaracharyya was published in the Times Of India dated 30 03 2012; 31 03 2012 being the date of Annapoorna Puja.]

Jesus Christ also taught his followers that material prosperity and effort to get prosperity in all spheres of life are futile exercises, because these endeavors of ours in worldly affairs do not give us permanent joy and happiness. According to Christ's advice, permanent happiness and joy are available only in contact with the Creator of the Universe; so, the only sacred duty of all men is to pray constantly, shunning all worldly activities, to Almighty for a place at His heavenly abode.

This is an irony of the human history that, people of the western world took in their life the idea of proactive-attitude towards all spheres of life; and this was the teaching of Sri Krishna, the best human-resource manager in the human history; and Western people prospered exponentially in all spheres of life. We people of the Eastern half of the Globe followed wholeheartedly the teachings of the Buddha and Christ; and our downfall in worldly life was to an unfathomable depth. In the modern history of India, Swami Vivekananda is the first person to advise Indian youths to be proactive in all worldly activities to excel in all spheres of life. Most heartening fact is that, of late, Indian youth is trying sincerely to follow Swamiji.

This article is written after reading following write-ups:

Manilal Bhaumik's Bengali book—'Brahmha *Sat*ya Jagat *Sat*ya', in this book the writer has bitterly criticized the concept of *Maya*.

'Uncovering relative truth' by Deepak M Ranade, published in the Times Of India dated 19.01.2012.

'Two approaches: dual & non-dual' by Melita Maschmann, published in the Times of India dated 20.01.2012.

01.04.2012, Rama Nabami.

Letter to Editor, Prabuddha Bharat

Reading the August 2021 issue of the Prabuddha Bharat, I wish to express my observations.

CONSCIOUSNESS

Modern Physicists and neuroscientists love to think that Consciousness is an outcome of Electrical-and-electrochemical activities in neurons of higher animate bodies. But thousands of animated bodies, without neurons, are there under the Sun, those lead their lives with utmost conscious awareness. A virus named SARS CoV2 knows well when and how to change its RNA to make itself invincible. Influenza viruses, viruses causing COVID19 know well how to get into the mucosal epithelia of respiratory tract of some chosen higher animate bodies to thrive and to multiply. Viruses causing Rabies prefer Brain tissues and viruses causing Poliomyelitis prefer tissues of the Spinal Cord. Viruses, without neurons, lead their lives intelligently with conscious awareness; all microscopic and many macroscopic multi-cellular animate bodies, without neurons, show all features of conscious awareness. Plant lives, without nerve tissues, show features of conscious intelligence. They know how to spread their branches to maximize availability of Air and Sunlight; they know how to distribute their roots to get an adequate amount of mineral-rich water. These prove that animate bodies, with and without neurons, are conscious.

I think all deep thinking modern men should one day accept the very truth, pronounced many thousands of years ago by ancient Indian scientists, that Consciousness is the primordial entity of the Universe. Pure consciousness or *Param Brahman* is a beginningless and endless, eternally unchanging, ever-immutable, omnipresent entity. Pure Consciousness is the seed that expresses itself as a time-space-bound flitting tangible universe with all inanimate-and -animate bodies. So, all tangible things, subatomic particles to massive supernovae, viruses to human bodies are diverse expressions of the Pure Conscious-

ness, which is the only real entity in the Universe; and this concept of ancient India says that nothing in the Universe is devoid of Consciousness. But how ever-immutable Pure Consciousness, the most subtle entity of the Universe, expresses itself as all gross inanimate-and-animate things of the tangible Universe, of which we humans are a part, is a profound unsolved mystery. However, in the long human history, this mystery was cleared and real truth was unveiled to some chosen few—like the Buddha, Jesus Christ, Sri Ramakrishna Paramansha and others. Sri Ramakrishna helped young Narendranath Dutta to experience the profound truth that all inanimate-and-animate things of the Universe are bestowed with bliss of conscious awareness.

Reference
The Bulletin of the Ramakrishna Mission of Culture, Page-13, September 2020 issue, August 2021.

Physical reality is interpretation by mind of the observer

Most of the articles in the September 2017 issue of the Bulletin of the RMIC are well-played strokes; but the article by Swami Atmapriyananda is a perfect sixer, excellent write-up. Using the least number of words the writer has clearly discussed many mysteries of the universe from the standpoint of sociology, psychology, spirituality and above all hard-core physical science. This proves the clear understanding and profound wisdom of the writer about his subject of discussion. The editor of the Bulletin should ask Swami Atmapriyananda to write more such thought-provoking articles on the pages of the Bulletin.

Physical reality is an interpretation made by the mind of the observer. From the well-known formula (E=MCC), we know matters are nothing but time-space-bound accumulation of quantum of various energies. My mind interprets such an accumulation of quantum of energies on a tree, outside the

window of my room, as a colorful bird to look at to enjoy its beauty. The mind of the pet cat on my lap would interpret that very accumulation of quantum of energies as a tasty edible thing to dine on. In dim light I interpret an accumulation of energies as a snake; and in proper illumination I interpret that very accumulation of energies as a rope.

26/09/2017

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Inherent nature of created things is unchangeable

Pure Consciousness or *Param Brahman*, as named by ancient Indian Scientists (Rishis), is the only entity in this universe that has real existence. According to Swami Vivekananda, *Param Brahman* is 'Existence absolute, Knowledge absolute and Bliss absolute'. *Param Brahman* is ever-immutable, ever-existent. *Param Brahman* is devoid of attributes; *Param Brahman* is free from three *Gunas*—*Swatta*, *Rajas*, and *Tamas*. Ever-changing physical universe, with all inanimate and animate tangible things, is nothing but scenes in the wishful creative dream of the ever-observer, ever-peaceful, ever-indifferent dreamer—Pure Consciousness. Pure Consciousness is beyond space and time. Created physical universe is space-time bound; on every moment it is being created and is being destroyed to be created anew. Physical universe, during its time-bound existence, occupies some space; so, the physical universe is always confined in the Time-and-Space Cone. The act of dreaming of Pure Consciousness is named by ancient Indian scientists as—*Maya* or *Mahamaya*. *Mahamaya* is *Trigunamoyee*; that means, *Maya* possesses three *Gunas* or all three above mentioned attributes. [http://www.speakingtree.in/blog/understanding-maya]

However, according to Ashtavakra Samhita, both the

Creator—Pure Consciousness—and the Creation, which is the creative dream of Pure Consciousness, are neither existent nor non-existent. Creator and the Creation both are beyond the concept of 'Existence' and 'Non-existence'. So, our effort to conceptualize the process of the genesis of the universe, to understand the ever-immutable true nature of the universe, of which we are minor parts, is well beyond capability of human mind and intelligence. Real answer to this mystery expresses itself only in the souls of greater spiritual masters; great masters experience the truth at the core of their being; but lo, these answers are utterly un-expressible by spoken words; as a result, we laymen never get chance to peep into the highest spiritual truth, expressed to the masters.

[https://archive.org/stream/in.ernet.dli.2015.490169/2015.490169.Ashtavakra-Samhita#page/n73/mode/2up].
[https://www.youtube.com/watch?v=AbH1chO7D-g&t=22s]
[http://www.wearesentience.com/uploads/7/2/9/3/7293936/ashtavakra_ gita__byrom.pdf]

All things of this Physical Universe are with attributes. Fluidity is the attribute of water. Firmness is the attribute of a piece of wood. Hardness is the attribute of a piece of Diamond. The tangible physical universe is filled with an enormous number of created objects having thousands of types of attributes. Ancient Indian scientists observed that, all these diverse attributes of different nonliving-and-living things of this physical world are nothing but various permutations and combinations of three basic attributes of *Maya* or *Mahamaya*. The first attribute of *Maya* is characterized by spotless purity, blissful calmness, unfathomable depth of wisdom, ceaseless serenity, ever-lasting silence etc. (*Swatta*). The second attribute is characterized by ardent activities, undying passion for enjoyments, never-ending fighting spirit, enthusiastic creativity etc. (*Rajas*). Ever-blind ignorance, never-ending idleness, and ceaseless inertia characterize the third attribute (*Tamas*). All animate and inanimate objects have these attributes. Mind-body complex of the great monk Sukdev, the Buddha, Jesus Christ, Sri Ramakrishna had maximum amount

of the first attribute with very little of the other two, if at all any. In Alexander the great, in Napoleon and in other great warriors we find the presence of a proportionately greater amount of the second attribute. The third attribute is detectable in relatively greater amounts in persons with criminal propensity. Brightness, purity and indifference to taking part in chemical reactions of noble metals like Gold, Platinum etc. indicate presence of relatively greater amounts of the first attribute of *Mahamaya* in those. Ever-active Radio-active-substances (Uranium, Radium etc.), inorganic acids etc. are examples of Matters having greater amount of the second attribute with smaller amount of the other two. Inert gases (Argon, Neon etc.) are good examples of inanimate objects having relatively greater amounts of the third attribute with insignificant amounts of other two. *Mahamaya* Herself and all things and everything of this Physical Universe are with attributes. According to ancient Indian scientists, Pure Consciousness is *'Tregunatita'*. 'Tre' means three, '*Guna*' means attribute and *'Atita'* means beyond. *'Tre'* + *'Guna'* + *'Atita'* = *'Tregunatita'*. Meaning Pure Consciousness is without any of the three fundamental attributes of *Maya*.
[http://www.speakingtree.in/blog/doctors-be-conscious-about-consciousness]

Deep insight of Narada understood that the mind-body complex of the murderer Ratnakar was created by *Mahamaya* with a high percentage of *Swatta*; Deborshi realized that Ratnakar was a honeybee, stuck, somehow, in the cow dung of criminality. He set Ratnakar free, cleansing his wings, so that he could fly in the open sky of spiritual-ecstasy to enjoy the nectar of devotional-love for the Creator of the universe. Long-jumping is the *Swabhava* of a frog. *Swa* in Sanskrita ('Sanskrit' is wrong spelling) means 'Own'. *Bhava* in Sanskrita means 'Nature'. Long-jumping is the inherent nature of a frog; its long tail was pulling it back from enjoying long-jumps; so, it sheds the tail off, so that it could work freely according to its nature. With the help of a teacher or a preacher or a guru or a well-wisher or by one's own effort one could remove the obstacles, those are preventing

him from expressing facets of his own nature; but no one could adopt the nature of another entity of the universe. Movement by jumping is natural for a frog; how hard it tries to adopt the movement by crawling like a lizard, the frog is sure to fail. Combination of 'X' percentage of *Swatta* + 'Y' percentage of *Rajas* + 'Z' percentage of *Tamas* has fabricated mind-body complex of Durjadhan, who according many of us is not-so-righteous person; similar combination of three *Gunas* with different percentages creates mind-body complex of Judhistir, most righteous person among all characters of the great epic. Durjadhan would never think about changing himself to be like Judhistir; even if he thinks so, he would never be able to make that change. This is law of the physical universe, which is a vast stage, on which we all inanimate-and-animate bodies are acting in a grand drama; *Mahamaya* is the playwright, She is the stage; She expresses Herself as diverse actors (all inanimate and animate bodies of the physical universe); actor A would not be like actor B; actor C would not try to act in the role prefixed for actor D; no two stars are alike, no two grain of sands are alike, no two snow-flexes are alike, no two viruses are alike, no two plants are alike, no two birds are alike, no two lions are alike, no two men are alike; and all these different puppets are dancing ceaselessly according to wish and whim of the great puppeteer—*Mahamaya*; and this eternally enacted drama is for enjoyment of ever-indifferent, ever-blissful observer—Pure Consciousness. Keeping this fact deep rooted at our heart we should express our devotional-love for *Mahamaya*—'Gatistang Gatistang Tameka Bhavani'.

Puppeteer *Mahamaya* expresses Herself as the vast stage to organize Her show; She expresses Herself as all living and nonliving actors on that stage. So, creator *Mahamaya* and the created universe with all created bodies are inseparable; puppeteer, stage and the puppets are seamlessly continuous; ocean water itself and the space-time bound waves on the ocean water are inseparable. This is the theory of Monism, this is Monism, the greatest spiritual concept propagated by ancient Indian scientists; this wisdom is the best contribution of the

Indian brain to the human knowledge bank.

Combination of 'X' percentage of *Swatta* + 'Y' percentage of *Rajas* + 'Z' percentage of *Tamas* had created the nature of the mind-body system of Arjun in such a way that he became a world-famous warrior; fighting for restoring righteousness in society was his cherished calling. Under the blinding influence of *Tamas* he temporarily became too inert to leave his responsibility as a protector of righteousness. Sri Krishna, God Himself, psychologically kicked Arjun hard to awake him and to return him back to his *Swabhava*, to his inherent nature; and due to that effort of Sri Krishna whole mankind is fortunate enough to get the Gita, the best of all books on human-resource-development ever written. Sri Krishna never allowed Arjun to change his inherent nature. A young man in Gujrat went to a senior monk, an enlightened soul, to get guidance for adopting ascetic life of a hermit; with the help of his deep insight the senior monk realized that, high percentage of *Swatta* and *Rajas* in the mind-body system of the young man would one day make him a honest and sincere servant of mother India, like Netaji Subhas Chandra Bose. The great monk guided the young man to his path to success; he never allowed that young man to change his inherent nature; and the rest of the story is known to all.

Mahamaya created the mind-body system of Swami Vivekananda with 80% *Swatta* + 19% *Rajas* + 1% *Tamas*. Swamiji was destined to be a great monk with warrior-like revolutionary zeal. Subhas Chandra Bose with 80% *Rajas* + 19% *Swatta* + 1% *Tamas* was sure to be a warrior with monk-like dispassion. Narendranath and Subhas are created by *Mahamaya* having different inherent natures to play in different roles in the grand drama organized by *Mahamaya*. In the Gita, Sri Krishna advised all mankind that, to be accomplished in all pursuits in life a person must choose his calling according to his inherent nature. No one can change his/her inherent nature. Due to the presence of a higher percentage of *Swatta* in them, Gold, Platinum and other noble metals are reluctant to take part in chemical reactions; these metals do not degrade automatically like radio-active substances. Gold, platinum could never be able

to change themselves to high activity of radio-active substances like Radium, which has a high percentage of *Rajas* in it.

You cannot change your nature, which you are made up of; but you could try to change your habits in your day-to-day life. A renowned engineer has a habit of enjoying tobacco and wine. He went to a foreign university as a visiting lecturer. Use of alcohol and tobacco was totally prohibited in that theocratic state, where he went; and he had to change his habit of using those substances during his long stay in that country. He did change his habits, but did not change his inherent nature, his *Swabhava*, which had made him a renowned teacher. Mind-body system of a boy had been created by *Mahamaya* with high percentage of *Swatta*; due to results (*Prarobdha Karmaphal*) of some of his non-righteous deeds in his previous births on the material plane, the boy had to take birth in a family where cannibalism (a highly *Tamasik* practice) was a very common practice. The boy became habituated in that ugly practice. *Mahamaya* had a different plan for the boy. She changed the life of the boy in such a way that he could get a chance to come in contact with many *Swattik* persons. These contacts helped him to give up his previous ugly habits; and helped him to become a spiritually-advanced speaker in an august gathering. He was a bar of gold covered by mud of ugly habits; *Mahamaya* removed that mud so that, inherent *Swatta* of his nature could glitter bright and beautiful.

I did not get a chance to learn Sanskrita; but my father did; I heard him reciting a verse in Sanskrita. The verse says that the inherent nature (*Swabhava*) could not be changed; hundred washes do not help a piece of charcoal to get rid of its blackness.

[Written on 20/06/2017 after reading an article, published on page number-4 of June 2017 issue of the 'Bulletin of the Ramakrishna Mission Institute of Culture'. Name of that article is—'Changing Human Nature?' The Great monk, Swami Atmasthanandaji, who prevented young Narendra Modi from becoming a monk, later on became President of Ramakrishna Math and Mission; President Maharajji left for his heavenly abode on 18/06/2017.]
20/06/2017

RELIGION AND DHARMA

RELIGION

The words '*Dharma*' and 'Religion' are not synonymous. However, we Indians, very often translate the word 'Religion' as '*Dharma*', a Sanskrita word. Religion means a man-made institution that encompasses different groups of people in its fold. Many religions are in vogue in modern human society with their distinct histories, elaborate concepts about genesis of the universe with all inanimate-and- animate tangible objects, esoteric philosophical ideas, detail discussions about should-be-observed religious rituals, several should-be-obeyed commands about do's and don'ts in personal life, family life and social life. Very often different facets of the religion X are completely different from those of the religion Y. These differences usher in religious conflict and enmity among different human groups. Religions are belief-systems; and these religions influence the thought processes and life-style of the blind practitioners of the religions generation after generation. Followers of one religion think that only their religious practices and theological concepts are capable of unveiling the answers to three eternal questions of human mind—'Who am I', 'What is the subtle unchanging reality about the ever changing gross physical universe in which I am placed for some stipulated period of time', 'What is the relation between the physical universe and myself'. Answers to these questions are beyond the human intellect; and mystics of all religions intuitively experience these answers at the core of their being; but these answers are unavailable to ordinary persons; though, according to mystics, each and every person of the human race are potentially capable of experiencing these answers. Great mystics of the world love to denote answers to these perennial questions of the human mind by a single word—'Truth' or *'Sat'*. Great mystics of all religions suggest that the only goal of human life on this material plane should be to experience, to realize the Truth at the core of being, at the core of heart. Modern science with large and small gadgets

is also searching logically answers to these perennial questions using human intellect.

Followers of another religion also love to think that Truth is available only and only to the people of their religion; people of a third religion never fail to think in the same line; moreover, people of religion X try hard to impose their belief-system and religious practices upon people of religion Y; people of religion Y try to do the same upon followers of religion Z. This megalomania about one's own religion and forceful proselytism are causing hatred among different human groups in the long history of the human race. Here is the greatness of Sri Ramakrishna; a mystic par excellence in the modern era. He was the first person in human history who himself experienced the Truth following spiritual paths of all major religions, in vogue, in the modern world. His inference is that all religions are equally valid, equally efficient paths to reach to the Truth. According to Sri Ramakrishna people of one religion should not disrespect or disdain people of another religion; like the garden with flowers of different colors, human society would always be with different religions to serve the purpose of people of diverse mentalities. If we wholeheartedly accept teachings of Sri Ramakrishna, lasting peace and harmony would prevail in modern human society.

DHARMA

The word '*Dharma*' has many meanings. Commonly it denotes righteousness. Sri Krishna advised in the Gita that to get *'Moksha'* or liberation from cycles of death and rebirth on the material plane, realizing the Truth, one should work hard righteously in worldly life. The word '*Dharma*' also has a broader meaning. *Dharma* means attribute or character or quality of a thing inanimate or animate. Fluidity is attribute or *Dharma* of water; firmness is quality of a piece of wood, hardness is attribute of a piece of iron, brightness and aversion to take part in chemical reactions are attributes of noble metals like gold, platinum etc. A piece of Iron conducts electricity and heat, becomes magnetized in contact with a magnate, oxidized to rust

reacting with water and Oxygen. These characteristic features of Iron are summarized as *Dharma* of Iron; and *Dharma* of Iron is to a great extent different from *Dharma* of Sodium, another metal. Likewise, choice of habitat, food habits, interpersonal relationship, and social norms of lions is *Dharma* of lion; and *Dharma* of lion is to a great extent different from *Dharma* of crocodile. *Dharma* of tailed monkeys is different from tailless apes with thick coats of fur. *Dharma* of biped naked apes (Homo sapiens) is to a significant extent different from *Dharma* of quadruped coated apes (Chimpanzee, Orangutan, Gorilla etc.).

The *Dharma* of all men under the Sun is the same. For our habitat we all prefer not-too-cold, not-too-hot, not-too-dry, not-too-wet places where foods from natural sources or cultivated edibles are abundant. We are not strictly herbivorous or exclusively carnivorous; rather we are omnivorous in our food habits. Personal habits, interpersonal relationships, social norms are almost the same for all members of all different human groups, on the surface of the Earth, barring some minor variations. We express our emotions in the same way—by smiling, laughing, weeping, crying, dancing, singing etc. We all have same set of psychological virtues and vices—honesty, courage, compassion, generosity, fidelity, integrity, firmness, self-control, prudence, kindness, sympathy, empathy, fellow feeling etc; and greed, anger, rage, fear, lust, vanity, megalomania, laziness, apathy, envy, jealousy, cruelty etc. Spiritual practices, of any form, help us to make us virtuous by calming down inbuilt negative traits of our mind—above mentioned vices are negative traits of our mind.

Whole human race is encompassed by one and only one *Dharma*; name of that *Dharma* is Humanness, which is far away from *Dharma* of crocodile (crocodile-ness), lion (lion-ness), monkey (monkey-ness) and furred apes (ape-ness). However, in the long history of the human race, members of different human groups, keeping their inherent humanness intact, subscribe to different institutionalized religions. So, *Dharma* and Religion are not the same; *Dharma* is an inherent trait of the human mind-body system and Religions are man-made ideologies (like

political and social ideologies) imposed on the human mind. Religions are believe-systems; lots of ideas are imposed upon human mind generation after generation; and followers of any religion are asked to whole-heartedly implement those ideas in their lives without questioning about pros and cons of those ideas; and they are instructed to blindly follow the diktats propagated, time to time, by some self-styled authorities of that religion. It is a pity that a large number of men, on the Earth, unfalteringly obey those diktats shunning their free wills and shining intellect; and unfortunately, very often, those vicious commands empower the negative traits of the human psyche. Social, politico-financial, religious diktats propagated by some unscrupulous persons causing serious turmoil in the recent history of the human race. Time has come; virtuous men of all human groups should urgently be united to fight for the well being of the human race, as a whole; and for the safety and security of the biosphere of the Earth, our only abode.

Most members of the human race, for historical reasons, are followers of Abrahamic religions. Theological basis of these religions is Monotheism. According to this concept tangible physical universe, with all inanimate and animate things, is created by, one and only one, invisible entity; and followers of these religions call that sole entity by many names. Followers of these religions believe that, creator of the universe, like a human monarch, rules over His creation according to His wishes and whims; they also think that the creator and the created inanimate and animate bodies of the physical universe are two distinctly separate entities. A potter and the earthen pots produced by him are never inseparable. For this reason, to express respect and reverence to the creator, peoples of Abrahamic religions do not worship the created bodies; they hate doing so; their religious ritual is praising the invisible Creator and to offer prayers to Him.

Hinduism is one of the major religions, in vogue, in modern times; it is probably the oldest living religion of human history. Like a rainbow it has many shades of colors. Hinduism has no fixed philosophical concept; it has many philosophical ideas with large volumes of scriptures; no fixed religious ritual or

spiritual practice for all followers of this ancient religion. Motto of Hindus are 'Live and let live', 'To live a righteous life', 'To acquire necessary physical wealth working righteously in worldly life', 'To satisfy achievable worldly desires', 'To enjoy legitimate sensual pleasures' and above all, 'To be liberated from pleasure and pain of worldly life experiencing the Truth at the core of being'. Followers of Hinduism are absolutely free to choose his or her own concept of philosophy, religious ritual and spiritual practice. Hinduism is like a necklace with beads of different colors; followers of Hinduism practice this great religion in their personal life, family life and social life according to their mental makeup and psychological inclinations. Some think the life of a monk is the best path to realization of the Truth; others are of the opinion that, householder lives with selfless service to all animated bodies of the world would surely bring them closer to the Truth. Some think contemplation on the creator of the universe is the best form of spiritual practice. A large number of Hindus ceremoniously pay respect and reverence to inanimate (The Sun, the Moon, mountains, rivers, stones etc) and animate (plant, animal, man, woman etc) bodies of the physical universe; and they think that, these rituals are the best path to 'Moksha'; these persons think that, *Param Brahman*, the Creator, expresses Himself as all living and nonliving bodies, Creator and created are inseparable; so, worshiping these tangible created objects is equivalent to paying respect and reverence to the intangible Creator.

Hinduism has not a single book but many scriptures to refer to, not a fixed philosophical concept but many apparently-divergent concepts, no undeniable unquestionable single religious ritual but countless apparently-contradictory forms of religious rituals. Hinduism has so many divergent forms that each member of a single family could follow a form of Hinduism that suits her or him best. Hindus are seekers not believers—they are seekers of the Truth, they want firsthand knowledge about the Truth; so, Hindus critically judge all information, those they get from religious scriptures and from great masters of this faith; they are advised not to follow these information blindly; they

appraise all these information with unbiased intellect to determine whether these teachings would help them in realizing the Truth or not. Realization of the Truth is the only motto of a Hindu's life; and this realization ushers in peace and serenity of mind and makes the realized person free from pain-and-pleasures of worldly life. In Hinduism there are thousands of paths to realization of the Truth; Hindus are ever diligent seekers of a suitable path that serves his or her purpose best. Hinduism is like a necklace of countless beads and the string that keeps this great religion alive for thousands of years is the concept of Monism, the main theological basis of Hinduism.

MONISM

According to the concept of Monism there is only one real entity in the universe; and that entity is nameless formless Pure Consciousness; mystics of Hinduism denote this only real entity as *'Tat'* (That) or *Param Brahman*. According to Monism, the physical Universe with all big-and-small, living-and-nonliving entities are time-space bound expressions of *Param Brahman*; however, *Param Brahman* is beyond Space-Time conjoin. Creator and created are seamlessly continuous, inseparable like the spider and the web. But how does Pure Consciousness, the most subtle entity in the universe, become all inanimate and animate gross objects of the tangible universe—this is a great mystery to a common man but not to the realized mystics like Sri Ramakrishna Paramansha. Scientists world over dissected different living bodies and pounded inanimate things to the finest to know about the ultimate building block of the physical universe; and they are astonished to know that, the ultimate building block is nothing other than Pure Consciousness, only real entity in the universe. What ancient Hindu scientists intuitively knew, many thousand years ago, about absolute metaphysical reality is now being vividly clear to rational intellectual pursuit of modern science.

To experience the Truth, to realize the true nature of the Creator Hindus contemplate on; meditate upon the formless Creator with an undisturbed pure mind. This spiritual exercise is

suitable for some, but it is not a very easy path for a large number of Hindus to step on. They faithfully worship Created to realize the Creator.

The Creator expresses Himself/Herself/Itself as Created; this act of expression to creation is worshipped by some Hindus as a deity named—Brahma. Creation is nurtured by the Creator for some stipulated period of time; this act of nurturing is worshipped by a large number of Hindus worlds over as a deity named—Vishnu. After the end of the stipulated period of time tangible universe goes back to its intangible potential state to re-create tangible universe in future; this act of destruction-and- re-creation, this act of death-and-rebirth is depicted as the dance of Shiva, one of the most loved deity of Hinduism. The Creator expresses Himself as knowledge, wisdom, art of painting, dance and music—many Hindus deify these expressions as goddess Saraswati. The Creator expresses as food for animated bodies of the universe and as material wealth for human beings—these expressions are worshipped by Hindus as goddess Lakshmi. Likewise, thousands of deities are worshipped by Hindus; and each deity has an idol to offer prayer and praise. Idols are made up of many things—clay, stone, metals and other materials. Many people of other religions disrespect and disdain Hindus and call Hindus as primitive, uncivilized doll worshipers. Hindus do not worship dolls; worshipping the deities through idols Hindus make their mind calm like the wave-less surface of water on a breezeless night. The true nature of the Creator is then reflected at the core of their being through the undisturbed mind. This is the realization of the Creator. Through this realization answers to the above-mentioned perennial questions of the human mind become vividly unveiled to the conscious awareness of the seeker. The experience that a realized soul gets is too subtle to describe to other persons through human languages. This realization sets the seeker free from bondage; the worst bondage of human beings on the material plane is repeated death-and-rebirth on the physical plane; according to Hinduism, existence of ours here on the Earth is full of intolerable miseries of various forms. So, Hindus wish to be permanently one with the Creator,

source of celestial bliss, going beyond worldly life. This freedom from the cycle of death-and-birth is *'Moksha'*; and this is the cherished goal of Hindu life.

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Written on 31st August 2022. Sri Sri Ganesh Puja.

BLISSFUL WORLDLY LIFE

As a seeker of Truth your intense spiritual practices would lead you to Enlightenment, to realization of God; realizing God you would not go to a distant blissful place, popularly known as haven or *Swarga*. You have to live on this material plane with your five organs of perception, five organs of action and above all with your ever-undulating mind. Our organs of perception and organs of action are outwardly directed; and through these our mind experiences the beauty and ugliness of the created physical Universe. So long you are in this material plane, you have to stay with these eleven; and have to lead normal human life intelligently on the path of righteousness. Zen masters say—'Cut wood, carry water before enlightenment; cut wood carry water

after enlightenment.' Through spiritual practices we try to focus our outwardly directed mind inward to our being; and when we achieve this for a fraction of a moment, we get esoteric bliss and persisting tranquility.

HARI OM TAT SAT.

2022

VASUDHAIVA KUTUMBAKAM

https://www.speakingtree.in/blog/vasudhaiva-kutumbakam-808230

The Phrase *Vasudaiva Kutumbakam* indicates that all men under the Sun are close relatives of each other; there is none non related. Paleoanthropologists tell us that all present day Homo sapiens, on the surface of the Earth, are direct descendants of a woman of a clan of primitive human beings in ancient Africa. She is the great grandmother of all of us. Each and every cell of all men and women of present day human race contains the same Mitochondrial DNA, that she bestowed us many thousands of years ago (Approximately 150,000 years). So, we all are her grandchildren; we all are related to each other.

Concept of Evolution of animate objects, from simpler life forms to complex forms (Prions to Viruses to Unicellular organisms to Multi-cellular creatures to mind-body system of human being, which is the most complex entity in the Universe), tells us that all animate objects are diverse representatives of the same lineage. Plants of simpler to complex forms have also evolved from that very source that has given birth to all animals. So, animals and plants are grandchildren of that unique source; all animals and all plants are *'Kutumbakam'* or relatives of each other. All animate bodies evolved from a single source on the surface of the Earth; and their existence is inseparably interdependent. All leaves, branches, stems, roots of a vast Banyan tree are expressions of a tiny, almost microscopic, seed. So, different branches, roots, and leaves are relatives to each other; they coexist peacefully; they don't fight among themselves.

Each and every cell in a living thing works incessantly to thrive, at the same time every cell helps other cells to live; this unique synchronicity keeps the animate body alive. All men and women, of the present day world, have evolved from a single source; we all are relatives; then why on Earth, we fight among ourselves? That is an unsolved mystery in long human history; our motto should be 'To live and let live', not to kill each other.

Modern science thinks that, 13.7 billion years ago, the physical universe, with its four constituents—energies, matter, space and time, came into existence through an explosion; the nickname of that explosion is Big Bang. Scientists love to call the pre-Big-Bang state of the universe Singularity. Since the Big Bang, the tangible physical universe is rapidly expanding with ever-increasing velocity. Conjecture of modern science is that one day in the distant future this expansion would come to a halt; and the vast universe, with all big and small things, would start receding to reach its pre-Big-Bang state of existence. This moving back is nicknamed as Big Crunch.

Ancient Indian scientists, who are popularly known as Rishis, intuitively knew that there is one and only one real entity in the universe; and that permanent entity is nothing other than Pure Consciousness; and Rishis used to denote that nameless-formless entity as *Param Brahman* or *Tat* (That). Creative dream of the *Param Brahman* is called as *Maya* or *Mahamaya* or *Ma Kali* or *Maa Durga* or *Ma Tara* or *Prana*. Ever-impermanent fleeting scenes in that dream of *Param Brahman* are a tangible physical universe with all inanimate bodies—Subatomic particles to a Supernova. Some inanimate bodies on the Earth, and probably on some other distant planets, are illuminated by *Param Brahman* for some stipulated periods of time; these are animate bodies. *Prana* remains impregnated in all inanimate and animate bodies. *Prana* of some chosen physical entities are illuminated by *Param Brahman*—these are living bodies. When illumination by *Param Brahman* ceases, a living thing becomes a lifeless inanimate body like a stone. Using organs of perception of living things *Param Brahman* enjoys, experiences the beauty and ugliness of the creation of *Prana*, His creative dream. Using

organs of action of living bodies *Param Brahman* works, plays, dances with all animated things. Inanimate physical entities erect a vast stage, on which *Param Brahman* (Sri Krishna) dances with all living things (*Gopies*) of the physical universe; the universe is actually an eternally enacted *Rashleela.*

Ancient Indian scientists intuitively came to know that in the distant future this beautiful drama (*Rashleela*) would come to an end; the physical universe would return back to its potential state in *Param Brahman*. This according to modern science is the Big Crunch. The genesis of the Physical universe, according to ancient Rishis, is the creative dream of *Param Brahman*; and according to modern science the physical universe is an outcome of a profound explosion (Big Bang) in a yet-to-be-known pre-Big-Bang entity. Of late, modern science has come to the conclusion that pre-Big-Bang entity is nothing other than Pure Consciousness, the most subtle, only real, ever-immutable entity of the universe. According to Rishis, cycles of creation (Big Bang) and destruction (Big Crunch), death and rebirth are normal phenomena of the universe.

The physical universe is a vast puppet show; all inanimate and animate objects are puppets with diverse name and form; nameless-formless *Param Brahman* is the great puppeteer, conducting the show; unique feature in this particular show is that the puppets and the puppeteer are seamlessly continuous like the spider and the webs. This is the concept of Monism.

Persons of different human groups no longer live in isolation, in small clans, in remote villages. Modern transport systems, television, internet and other digital communication networks are bringing all members of the human race closer together. Modern men have realized that we all are residents of a global village; we all are close relatives of each other; our existence on the surface of the Earth is undeniably interdependent; any incidence, good or bad, in any part of the global village affects all members of the human race. Recent pandemic and war in Europe have adversely affected us all, none spared in this interconnected world. All members of the human race should inculcate in their psyche fellow feeling, compassion, empathy,

and sympathy for all living things to save the human race and to protect the biosphere of the Earth, our only abode. This is the teaching of the phrase—*Vasudhaiva Kutumbakam* from an ancient Hindu scripture.

So, all inanimate and animate things of the physical universe are co-actors in a vast drama; all are related to each other; no one is an unrelated stranger. This is the meaning of the phrase—*Vasudhaiva Kutumbakam*.

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THIS IS NOT AN ERA OF WAR

https://www.speakingtree.in/blog/this-is-not-an-era-of-war

To bring peace to recently embattled European countries, the present Indian Prime Minister has reiterated that, 'This is not an era of war.' This profound statement should be kept respectfully in the minds of all rulers of different nations on the Earth. The age of our present day civilization is not more than 15 thousand years. Before that, for many thousands of years we, naked Apes, (Homo sapiens) used to roam in the forests, in small clans, in search of food, shelter and mates. Our small clans were just like those of chimpanzees, orangutans, gorillas and other apes with thick coats of fur. Intra- species, inter-clan fighting, killing and even cannibalism are very common in wild animals; and during our existence on the surface of the earth as wild animals we also did the same.

Eventually human consciousness awareness flourished gradually, that separated us from wild animals. Awakened awareness

expresses itself as human intelligence that ushered in the art of agriculture, interpersonal bonding to share respon-sibilities, formation of bigger societies with well chalked out social norms, formation of villages, construction of cities, and above all nation-states with well-protected political boundaries.

Human mind has many positive traits—love, compassion, sympathy, empathy, fellow-feeling etc. These benevolent features of human mind act as a centripetal force to bind men-to-men, villages-to-villages, cities-to-cities, nations-to-nations

Negative traits of human psyche (envy, jealousy, greed, fear, anger, rage, cruelty, vanity, megalomania etc.) act as a centrifugal force; and this force separates men-from-men, villages-from-villages, cities-from-cities, nations-from-nations. These negative mindsets usher in inter-personal enmity, intra-family and inter-family brawls, disputes and disparagements among social groups, fight among different social-political-economic-religious ideologies and above all inter-state wars.

Science and modern technology have made the lives of most, if not all, men on the surface of the Earth sufficiently comfortable supplying abundantly all our necessary requirements. Never ever in the past the human race was as comfortable as we are now. We need not to fight among ourselves for the necessary requirements to thrive on the Earth. But still, at every moment somewhere on the Earth a person is suffering unbearable agony due to some form of war.

Modern man does not live as an isolated creature. Present day men have come closer to each other due to modern transport systems and improved communication technologies (Telephone, TV, Internet etc.). We all are members of a global village; any incidence, good or bad, in any part of this village affects us all accordingly. Suffering of a single person in this global village due to natural calamities or man inflicted injuries hurt us all. Outstanding achievement in any field by a person of this global village gladdens us all. Most of the members of the modern human society have a robust positive trait in their psyche; and that trait is—empathy. Recently out of empathy mother India stretched out her helping hand to the people of Turkey and Syria,

suffering natural calamity.

No side in the present day warfare is decisively victorious. Only innocent citizens of both sides face tremendous hardships. Life of each and every person of the global village is adversely affected due to full-fledged war or war-like situations in any part of the globe. Only the manufacturers of weapons of mass destruction make huge profit supplying weapons, directly or indirectly, to all sides engaged in the war. This is an incomprehensible enigma of modern human civilization.

Corona virus has many strains; some strains are pathogenic, some are not. African Elephants are physically different from Asian Elephants; African Lions and Indian Lions are physically and temperamentally different. Likewise, the animal species named Homo sapiens is not monolithic. The species Homo sapiens (Modern man) consists of individuals with many diverse physical forms and psychological inclinations. According to Swami Vivekananda French people lead their lives with artistic flavor; trade and commerce are passions of British people, Germans are fond of scientific inquests, to a modern American personal liberty is the most important necessity in life; Indians love to lead a life of a seeker of Truth. Moreover, the species Homo sapiens is divided into many small and big groups on the basis of Political-Social-Economic-Religious ideologies in vogue in modern human society.

Disharmony and disputes very often erupt among the members of these groups leading, not infrequently, to war-like situations. Modern man should realize that no obvious or imaginary problem of the human race could be solved through the path of war. Unfortunately the long history of the civilized human race is studded with numerous incidences of fierce fighting with primitive and modern sophisticated arms and ammunition.

Conscious awareness of ancient hunter-gatherer man of the caves has flourished to a great extent at present. Intelligent modern man is now seeking unambiguous answers to three perennial questions of human mind—'Who am I', ' What is the subtle permanent nature of the gross flitting material world in which I am placed for some stipulated period of time', 'What is

the relationship between these two'. Mystics of different human groups experienced the answers to these questions at the core of their being; and they love to denote these answers by a single word—Truth or *Sat*. Mystics have come to the conclusion that the only real entity in the universe is Pure Consciousness. Tangible physical universe with all inanimate and animate objects are mere space-time-bound flitting expressions of the Pure Consciousness. Pure Consciousness is the only real entity in the universe; the physical universe is unreal as told by ancient Indian scientists (Rishis)—this is the Truth or *Sat*. Knowing about this very truth from religious scriptures or from a preacher does not suffice; we have to experience this at the core of our being through spiritual practices. You can know from your friend that Sucrose tastes sweet; but you have to experience the firsthand knowledge of that sensation by putting Sucrose on your tongue. However, you will fail to describe the experience; all our experiences could not be described through human languages. The profound Truth or *Sat* about the Universe is experienced by many mystics but they failed to communicate their experiences with common people through human languages. Recently modern science has also reached to this very conclusion that Pure Consciousness is the only real entity in the universe..

According to Sri Ramakrishna, the greatest teacher of modern man, the only motto of modern human life should be to experience Pure Consciousness at the core of being. Modern man should realize that all inanimate and animate things of the tangible universe have originated from Pure Consciousness; Pure Consciousness and tangible bodies of the physical universe are seamlessly continuous, ever-inseparable. Pure Consciousness is the cause and the Physical universe with all living and nonliving things is the effect. This is the concept of Monism. All living and nonliving things of the universe are relative of each other; no one is an unknown stranger—*Vasudaiva Kutumbakam*.

Disputes, disagreements on various issues among different modern human groups were there in the past, very much obvious in the present day scenario, and would be there in future. Stockpiles of weapons of mass destruction in various parts of the

globe are so huge that a widespread war would extinct all living things from the surface of the Earth. So, to lessen the tension due to disharmony among various human groups fighting among themselves would definitely prove counterproductive. All problems of the human race should be amicably solved through discussions, dialogues and negotiations among all stakeholders. This is the only means to a profound end—global peace. The global peace would usher in the spiritual progress of man, as predicted by many spiritual stalwarts of all faiths, in vogue in modern human society.

African lions are aggressive as compared to the Indian lions. Likewise, some human groups are by nature aggressive; they try to solve all disputes in personal life and social life by applying sheer physical forces. There is every chance that this attitude would let loose the inferno that might sweep through the global village. Men with such mindsets should be advised to vent out their psychological and physical aggression in the fields of sports and games not in the battlefield.

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PRANA

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MONISM

According to Indian tradition *Param Brahman* or Pure Conscious-ness is the only entity in the universe that has real existence; this ever-immutable entity is without attributes or qualities; *Param Brahman* is free from all attributes of the things

of created tangible universe; *Param Brahman* is beyond all three attributes (*Swatta*, *Rajas*, *Tamas*) of all tangible bodies made up of only four ingredients—Energies, Matters, Space and Time. Space and Time are conjoined; Energies and matters are inter-convertible. Four types of Energies of the Universe (Strong force, Weak force, Electromagnetic energy and Gravitational force) and all Matters of the Universe are inter-convertible—Matters are mere condensation of all four above Energies. Pure Consciousness is not a byproduct of interactive processes among those four—Energies, Matters Space and Time. There is a serious misconception among many scholars that consciousness emanates out of the above four. Neuro-scientists erroneously think that consciousness originates from electrical-and-electrochemical reactions in the neurons of highly evolved creatures; on the contrary Viruses and many primitive unicellular animate bodies, devoid of neurons, lead their lives with utmost conscious awareness. Consciousness is the primordial entity of the Universe. Consciousness with the help of three attributes (*Swatta*, *Rajas* and *Tamas*) expresses itself as above four ingredients (Matters-Energies, Space-Time) to create all bodies of the tangible Universe—from galaxies to subatomic particles, from viruses to human bodies. This is the concept of 'Monism', main theological basis of *Sanatan Dharma*, popularly known as Hinduism. Creator Consciousness and bodies of the created tangible universe are inseparable—a spider and the cobwebs fabricated by it are inseparable—this is Monism, this is Monism, the greatest intellectual idea offered by ancient Indian scientists to the vast knowledge pool of the human race. Monism is different from the concept of Monotheism of Abrahamic religions—that says—creator and created could never be inseparable—potter and the earthen pots and vessels manufactured by him are always two different entities.

GUNAS

Pure consciousness or *Param Brahman* or Pre-Big-Bang state of the Universe was bored of His lonely existence; He dreamed a wishful dream to create many a finite thing to allay His

loneliness and to experience His own infinitude. This act of dreaming is called—*Maya* or *Mahamaya* or *Mayogomaya* or *Makali* or *Madurga* or *Machandi* or *Makatyani* or *Matara* or *Prakriti* or Nature or *Trigunamoyee* or Consciousness with attributes or Brahman with *Gunas* or *Prana*. *Maya* or *Prana* expresses Herself as Energies-Matters-space-time of tangible universe with the help of Her inherent three *Gunas* or Qualities—*Swatta*, *Rajas* and *Tamas*. Consciousness with attributes or *Prana* remains impregnated as body-bound-consciousness or Soul into all the inanimate-and-animate objects, those are created with Energies-Matters-Space-Time. It is a convention to call electric charge of Electrons as 'Negative' and electric charge of Protons as 'Positive'; likewise, it is ancient Indian custom to worship Brahman without attribute as a human figure with male features and Brahman with attributes or *Gunas* as human figure with female features; however these masculinity or femininity of *Brahman* and *Prana* have nothing to do with genders of Homo sapiens. The dreamer (*Param Brahman*, the ever immutable blissful observer), the act of dreaming (ever creative *Prana*) and scenes in the dream (ever changing, ever flitting Physical Universe with all inanimate-and-animate bodies) are seamlessly continuous. This is Monism.

All things of this Physical Universe are with attributes. Fluidity is the attribute of water. Firmness is the attribute of a piece of wood. Hardness is the attribute of iron. The gross physical Universe is filled with an enormous number of substances having thousands of types of attributes. Ancient Indian scientists observed that, the attributes of all different things of this world of matters are nothing but various permutations and combinations of the three basic attributes of *Prana*. The first attribute (*Swatta*) of *Mahamaya* is characterized by spotless purity, blissful calmness, unfathomable depth of wisdom, ceaseless serenity, ever-lasting silence etc. The second attribute (*Rajas*) is characterized by ardent activities, undying passion for enjoyments, never-ending fighting spirit, enthusiastic creativity etc. Ever-blind ignorance, never-ending idleness, and ceaseless inertia characterize the third attribute (*Tamas)*. All animate-and-

inanimate objects have these attributes. The Buddha, Jesus Christ, Sri Ramakrishna had the maximum amount of the first attribute with very little of the other two. In Alexander the great, in Napoleon and in other great warriors we find the presence of a proportionately greater amount of the second attribute. The third attribute is detectable in relatively greater amounts in persons with criminal propensity, in idle persons who live their lives with begging bowls in hands. Brightness and purity of noble metals like Gold, Platinum etc. indicate the presence of relatively greater amounts of the first attribute of *Prana* in those. Ever-active Uranium, Radium, inorganic acids etc. are examples of Matters having greater amount of the second attribute with smaller amount of the other two. Inert gases (Argon, Neon etc.), Higgs boson particles, etc. are good examples of inanimate objects having relatively greater amounts of the third attribute with insignificant amounts of the other two.

Acts of *PRANA*

Prana or *Mahamaya* expresses Herself as *Sakti* or Effort (*Ya devi sarvabhutasu sakti rupero sangsthita*) in all created bodies (inanimate and animate). [In Sanskrita *Sakti* means 'Effort'. The word Energy (Weak Force, Strong Force, Gravitational Force and Electromagnetic Energy) in the English language is equivalent to *Urja* in Sanskrita]. She expresses herself as an effort of the Sun to drag all planets to its core. Efforts of the centrifugal forces on the rotating planets are preventing this deadly drag. *Prana* as the effort of the Moon tends to drag all water of the Earth to its lap, but *Prana* as effort of the Earth's gravitational pull is preventing that. Effort of the branches of a tree to go upwards against gravitational pull in search of light and air and effort of the roots of that tree to go deep inside earth against immense friction are expressions of *Prana*. Immediately after coming out of its mother's womb, a new-born herbivorous animal remains almost motionless on the ground; *Prana*, its Soul or Body-bound consciousness, dictates its brain, peripheral nerves and muscles to be awake and active, so that the newborn could stand on its four and could run with the herd to avoid the

carnivores. This is an example of expression of *Prana* as effort or *Sakti*. Diligent practices of a sportsman to excel in his sports, sincere study of a little girl to master the language of mathematics are similar examples of *Prana* expressed as *Sakti*.

Prana as Soul of the Sun expresses Herself as *Buddhi* or intelligence. This intelligence keeps a perfect balance between the crushing force of the gravitational pull and explosive force of fusion reaction, so that our nearest star remains glowing. Positively charged protons repel each other in the nucleus of an atom. Intelligence of *Prana* expresses itself as Strong force that keeps protons together in the nucleus of an atom. *Prana* as intelligence keeps perfect balance in the dance of subatomic particles in an atom. [There is a statue of dancing Shiva at CERN.] Distances between the Sun and the Earth, between the Earth and the Moon, between the Sun and the Moon; and diameters of these three celestial bodies are so precisely chalked out by the intelligence of *Prana* that we Humans on the Earth could enjoy the beauty of total solar eclipse. *Prana* as *Buddhi* or intelligence helps a boy to master the art of batting at his cricket-coaching class. *Prana* as *Buddhi* helps a scientist to solve some intractable problem of his subject of interest. (*Ya devi sarvabhutasu buddhirupero sangsthita*)

Prana is *ichchamoyee*, it means, She is the wishful creativity. According to Her wish, a vast number of Hydrogen atoms gravitate to a giant star; high temperatures at the core of the star convert lighter Hydrogen atoms into atoms of heavier metals. Subsequently this big star bursts into a supernova and sprinkles the heavy metals into the vast space around it. Later on, these metals gravitate into newer stars, newer planets and other celestial bodies. Heavy metals on our planet and in all inanimate-and-animate objects on the Earth have come from some supernova in the distant past. So, we all are made up of star-dusts and that supernova is our mother. *Prana* has expressed Herself as Hydrogen atoms; and those Hydrogen atoms are converted into supernovae, our mother. So, indirectly *Prana* is our mother. With utmost care a little girl is feeding her pet dog. A little boy is regularly watering the plants in their garden with

love and care. A bitch is feeding an orphan kitten along with its own offspring. This careful motherly attitude is one of many expressions of *Prana*. (*ya devi sarvabhutashu matrirupero sangsthita*)

Prana expresses Herself as *Kshuda* or desire or hunger. A black hole is ever-hungry to devour all things and everything that comes near it. We humans have hunger for food to supply nutrients to our body, we have an intense desire to amass vast physical wealth, and we have an ever-unsatisfied lust for sensual pleasures; and all these are expressions of *Kshuda* of *Prana*. *Prana* expresses Herself as inanimate-and-animate things, those we are hungry of—abundant supply is there to satisfy us. (*ya devi sarvabhutashu kshudarupero sangsthita*).

LAWS of the UNIVERSE

Prana expresses Herself as some fixed laws, those laws rule the inanimate-and-animate objects of the created physical Universe; modern scientists of Physics, Chemistry, Biology deal with those laws. Newtonian mechanics, Theory of Relativity, Quantum mechanics, Mendelian laws of inheritance etc. are some of such laws. [Incidentally, 2019 is the hundred and fiftieth year of discovery of one of such laws in chemistry—Periodic Table.] *Prana* rules the Universe according to these laws and She does not usually deviate from these laws. These laws are under Her, but She is well beyond these laws. However, She has every right and necessary capability to deviate from these laws. Think about the incidence of the appearance of a white flower on a plant that bears only red flowers, as seen by Sri Ramakrishna. *Prana* or *Makali* orchestrated this unique stage show to make the disciples of Sri Ramakrishna convinced that laws of the Universe are not autonomous—these are under wish and whim of the lawmaker—*Makali*, She is the real boss.

LIFE

Some Physical objects on the Earth and probably on some distant celestial bodies are illuminated, for a stipulated period of time, by *Param Brahman*. These illuminated objects are living

things or animated objects. Using organs of perception of finite animate objects *Param Brahman* enjoys the beauty of the creation of *Prana*, coming in contact with finite objects He experiences His own infinitude; using the organs of action of the animate objects He plays (*Leela*) with all inanimate and animate things of the physical Universe. *Prana* created inanimate objects erect a vast stage, on which *Param Brahman* (Sri Krishna) is dancing ceaselessly with all animate objects (*Gopies*). Universe is an eternally enacted *Rashleela*.

An animate object devours gross things, inhales finer things, grows in size by assimilating those things taken in, moves about using chemical energies, exhales, micturates, defecates, parturats new progeny; and after end of the stipulated period of time dies back to inanimate state of existence. This is death of an animate object—*Param Brahman* ceases to illuminate that particular body at the moment of death. Physical objects, not illuminated by *Param Brahman*, are inanimate bodies; Physical objects, temporarily illuminated by *Param Brahman*, are animate things. Sperms are animate objects, they are illuminated by Pure Consciousness or *Param Brahman*; sperms move forward long distance undulating their tails to reach the Fallopian tube. Likewise, an Ovum is an animate object that travels to the Fallopian tube to form a Zygote with the help of the sperm there. A Zygote is very much alive, as alive as its mother and father. Zygote develops into an intrauterine fetus that later on becomes a newborn baby. So, to say that an intrauterine fetus of less than 20th week of gestation is lifeless inanimate object is a serious misconception, a blatant lie. (Anandabazar Patrika, 30th January 2019).

The setting Sun seen through my window, the paperweight on my table, the trees in my garden, myself are made up of Energies-Matters-Space-Time; and these four ingredients are expressions of *Prana* and *Prana* is always with these four physical objects as Soul of these objects. *Prana* remains as Soul, as an inherent entity in all physical things of the Post-Big-Bang Universe. Energies-Matters-Space-Time came to existence after Big-Bang; these four basic ingredients did not exist before Big-Bang. What is Big-Bang to a physicist is the wishful creative dream of *Param*

Brahman to us. We depict *Param Brahman* as male deity, and *Prana*, the creative dream of *Param Brahman*, as female deity. Inanimate objects of the Universe exist only with *Prana* as their souls; but animate objects, like me and the plants in the garden outside of my window, exist with both *Prana* and *Param Brahman*—both female deity and male deity; all living things in the Universe therefore are *Ardhanariswar*—half male, half female. *Prana* dwells in me and in all living things as Soul or *Jivatma*; so long my *Jivatma* is illuminated by *Biswatma* or *Param Brahman* I am alive, as *Ardhanariswar*.

[Date 27.10.2019 Written on auspicious day of Kali Puja after reading write-up of Manotosh Dasgupta published in the Bulletin of the Ramakrishna Mission Institute of Culture August, September and October issues in 2019]

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HOLISTIC HEALTH CARE SERVICE

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We, present day healthcare providers, do not call our system of medicine—'Allopathic medicine', as we do not inflict pain to the ailing human body to distract his mental attention from the

pain of the disease to a doctor-induced pain. This was a common practice of witch-doctors of old age. We prefer to call our system as—'Modern medicine', or 'Evidence-based medicine'. Think about a patient who is suffering from excruciating pain at right upper part of his abdomen due to infective inflammation of his Gallbladder; to treat such patients an allopath used to press a red-hot iron on that spot of the abdomen of the patient; a practitioner of modern medicine would surgically remove painlessly that no-more-working-normally organ of the body. So, it is better not to call modern treatment modalities as 'Allopathic medicine'. Modern medicine has done an excellent job in preventive and curative aspects of healthcare service. Many viral diseases and most if not all bacterial diseases are now amenable to treatment with inventions of modern medicines. Preventive vaccines against many diseases have been invented. Life expectancy at birth was 35 years in 1947 in India, now it is near about 70 years. This is due to prevention and cure of many epidemic diseases. Patients of Diabetes, Hypertension etc are living longer productive lives than before due to invention of many new effective-and-safe treatment procedures. So, in this modern era no one could discard modern scientific medicine. Modern medicine is not based solely on materialism. We accept the fact that the mind and body of a patient act in unison; and the mind regulates all functions of the physical body through the 'Psycho-Neuro-Humoral' axis and 'Psycho-Neuro-Immune' axis. Practitioners of modern medicine try to cure both the physical and psychological aspects of a patient.

Medical scientists of ancient India propagated this idea of holistic approach to healthcare service. They advocated physical exercises (different postures, movements, dances, games etc) to strengthen external and internal organs of our body. Breathing exercises (*Pranayan*), contemplation, meditation, religious rituals, spiritual practices were prescribed to empower the mind and to enlighten the soul of an individual. Time-honored practices of intake of healthy foods, herbal medicines and above exercises have immense beneficial effects on the mind-body system of man; we get both preventive and curative benefits.

Modern scientific studies have proved this fact. No sane practitioner of modern medicine disrespect, discard, disdain this wisdom of ancient people. Modern evidence-based medicine and ancient healthcare practices have their own pros and cons—bright sides and dark sides; but these two systems are not mutually exclusive; these two are complementary to each other. We call ancient wisdom 'CAM'—'Complimentary and Alternative Medicine'. Many well conducted studies have proved beyond all reasonable doubts that simultaneous use of these two systems of medicine in patients ushers in significantly better results. A patient of Osteoarthritis (commonest disease in India) gets very good results if he practices Yogic postures along with intake of modern safer painkillers. Patients of psycho-somatic disorders (in fact, all human diseases are psycho-somatic; mind and body never exists in isolation) get good results if they practice meditation along with intake of anti-psychotic drugs.

The electric pump that lifts water from ground level to the third floor of my house has three components—robust mechanical parts, elaborate network of finer copper wires, and flow of electrons from the mains through those wires. Likewise, a human being is a three-in-one system. We have a tangible physical body consisting of organs of sensory perception and organs of actions. We have a subtle organ named—'Mind'. Third component is our Soul or body-bound Consciousness or our Being or Spirit or *Jivatma*. Our body-bound Consciousness is part of Universal Consciousness or *Parmatma*. Universal Consciousness is the most subtle truth about the universe. It is the seed from which all animate and inanimate objects of the physical universe germinated; it is the 'Singularity', and 'Singularity' is the 'Pre-Big-Bang' state of the universe; it is the cause of the creation of basic building blocks (Energy, Matter, Space, Time) of the tangible universe; ever-immutable infinite *Paramatma* creates finite objects of the physical universe, and these created objects are ever-mutable over time. Whole universe is a vast system with gross and subtle entities; and we, all animate and inanimate objects, are minute parts of that system. Newtonian physics, Theory of relativity, Quantum mechanics,

String theory etc are minor details about the created tangible universe. *Paramatma* or Universal Consciousness is well beyond all these constructs of the human mind.

Perfect state of functioning of my pump is possible only when all three components of it are working in sync. Likewise, a human being is in good health when internal and external organs of his tangible body are functioning in well-coordinated manner, when his mind is free from unnatural undulations, and his mind is pollutant-free (Pollutant—Lust, Anger, Fear, Cruelty, Envy and other negative thoughts); and his mind is conveying vital energy or 'Chi' from *Paramatma* through *Jivatma* of that individual to the 'Psycho-Neuro-Humoral' axis and the 'Psycho-Neuro-Immune' axis of his tangible body.

05.03.2010

ARDHANARISWAR

https://www.speakingtree.in/blog/ardhanariswar

'Who am I', 'What is the immutable permanent truth about the ever-changing physical universe around me', 'What is the relationship between myself and the tangible universe in which I am placed for a certain period of time', 'What is Consciousness', 'What is Life', 'What is Mind'—these are some perennial questions haunting thousands of deep-thinking men of all human groups since time immemorial. All our scientific inquiries with small and large gadgets; all our discussions in physics and metaphysics, in psychology-parapsychology and philosophy; all our religious rituals and spiritual practices, are different endeavors of the human mind to get answers to those questions. Scientists dissected animate objects, pounded animate and inanimate bodies of the universe to the finest to know about the basic building block of the universe; and they thought that these exercises would provide rational answers to all above questions. Modern scientists come to this conclusion that basic building block of the tangible universe consisting of Matters-

Energies-Time-Space is some yet-to-be-identified strings; and different vibrations of these strings create above four basic ingredients of the physical universe of different dimensions (concept of multi-verse in string theory of higher physics). According to modern science Consciousness-Life-Mind are byproducts of the interactions between different matters and various energies of the physical universe. Inferences of modern science say that the Universe, about which we know through our sense organs, was created. It was created with an explosion. The popular name of that explosion is 'Big Bang'. Pre-Big-Bang state of the universe is known as—'Singularity'. 'Singularity' is devoid of Energies-Matters-Space-Time; because all these four were created through the process of 'Big Bang'. Since 'Big Bang' Space-time conjoins of the created physical universe is expanding relentlessly. Time-space conjoin is a unidirectional flow—from past through present to future; so, our universe is expanding fast. Space and Time create a cone. Apex of the cone is at 'Big Bang'; the base of the cone is the fast expanding universe here at present. Time-Space has the ability to flow in the reverse direction—leading to 'Big Crunch'; and in that case the tangible universe with all inanimate and animate objects would go back to its potential state—'Singularity', the 'Pre-Big-Bang' state. So, modern science has come to the conclusion that the physical universe is like a tree that originated in the distant past from its seed—'Singularity'; and it has every possibility to return back to its non-manifested state.

More than five thousand years back ancient Indian scientists also came to this conclusion, through analytical and rational discussion about many phenomena of the tangible universe, that the physical universe is created in the distant past from a non-manifested state of it. According to them the name of that seed is *Param Brahman* or *Purusha* or *Paramatma* or 'Pure Consciousness'. Indians depict this subtle entity as a human figure with all external features of a male. Creative urge or wishful dream of Pure Consciousness is *Maya* or *Mahamaya* or *Makali* or *Durga* or Nature or *Prakriti* or *Biswatma* or *Ishwar* or Universal Consciousness. This creative urge of *Purusha* is

depicted as a human figure with all external features of a female. *Param Brahman* is an eternally unchanging entity. Universal Consciousness or *Maya*, creative desire of *Purusha*, created ever-changing tangible universe (Big Bang in the distant past), nurturing Her creation so long She loves to keep it alive (fast expanding Universe in here at present); She would destroy the physical universe on a future moment; and that moment would be fixed according to Her whim (Big Crunch). Depiction of Pure Consciousness as a man and expressing creative desire of *Param Brahman* as a woman is an age old comfortable convention of Indian culture to express these subtler aspects about the Universe. These are not at all related with the masculine and feminine genders of Homo sapiens. Pure Consciousness and Universal Consciousness are well beyond the masculinity and femininity of ours. It is a convention to express the electric charge of an electron as 'Negative', electric charge of a proton as 'Positive'; to express a very subtle concept—'*Sunnya*' or 'Zero' as a curved line, two ends of which meet. Likewise, *Param Brahman* and *Maya*, two most subtle concepts about the universe have been expressed by ancient Indian scientists as man and woman for those people who find it difficult to perceive an abstract idea without reference to some tangible gross body. All deities in Hindu mythology with male features are representative of *Param Brahman* or Pure Consciousness; and all female deities refer to Universal Consciousness, the creative dream of *Param Brahman*; and these two are inseparable, like the 'Power to burn' is inseparable from a flame of fire. So, to ancient Indian scientists the whole universe is conjunction of these two entities; the whole universe is *Ardhanariswar*, half male, half female—neither fully masculine nor fully feminine. Suppose, lying on a cozy bed I am enjoying a pleasant day-dream; the scenes of that dream and I myself are two inseparable entities. Likewise, dreamer *Param Brahman* and His creation (tangible Universe) in dream state are two inseparable entities.

Param Brahman or Pure Consciousness is without attributes or qualities or *Gunas*. This ever-immutable entity is a silent observer. Universal Consciousness or *Prakriti* or *Maya* has

three *Gunas* or attributes—*Sattwa*, *Rajas* and *Tamas*. Using these three *Gunas* Universal Consciousness creates the Physical Universe consisting of Energies-Matters-Space-Time. The unique feature of this theory of genesis of the Universe, propagated by ancient Indian scientists, is that Universal Consciousness remains mingled with each and every created object of the tangible Universe as 'Body-bound-consciousness' or 'Soul' of that particular body. Soul of a body named 'X' and Soul of a body named 'Y' are the same entity; because both are parts of Universal Consciousness. The intelligence in a fireball that keeps perfect balance between the crushing force of the gravitational pull and the explosive force of the fusion reaction is the Soul of the Sun, our nearest star. The intelligence in the nucleus of an atom, that has created strong force to keep protons together shunning the powerful repelling force generated by positive charges of all protons, is the Soul of that atom. Soul of an atom keeps perfect balance in the dances of protons and electrons in that atom. Souls of all created bodies of the macrocosm and microcosm govern their own domains through some laws. Newtonian mechanics, Theory of relativity, Quantum mechanics, String theory etc are some of many such laws discovered by modern science. Modern science is now pursuing sincerely to reach a grand theory, a comprehensive understanding that would aptly explain all things and everything about the macrocosm and microcosm. This theory is expected to provide answers to all questions about Life, Mind and Consciousness.

According to ancient Indian wisdom, if the Soul of a created physical body, which is made up of Energies-Matters-Space-Time, is illuminated by the direct image of Pure Consciousness falling on it; that body would be a living one. So long it is illuminated by the real image of *Param Brahman*, it would remain alive as a virus or as a plant or as a cow or as a man. At that very moment when the real image of Pure Consciousness stops falling on that object, that living creature would become a lifeless body, like a stone. So long my body-bound Consciousness is illuminated by *Purusha*, I am alive. At the time of my death my body-bound-consciousness would leave my physical form and

recreate a new physical body collecting matters from the physical plane; this is *Janmantor* or Rebirth. *Param Brahman* or Pure Consciousness uses the sensory organs of all living things as looking glasses through which He enjoys His Creation. All inanimate objects of the tangible universe have erected a well decorated vast stage; all animate objects of the universe are *Gopies* (feminine deities); infinite *Param Brahman* or Krishna (masculine deity) is dancing eternally on that stage with all finite animate objects to experience His own infinite-ness. Whole universe is *Leela* or blissful enjoyment of the company of finite by infinite; the whole universe is *Ardhanariswar*.

Eternally unchanging time is *Kala*. Ever-restful observer Shiva, the male deity, represents the ever-immutable *Param Brahman*. Another name of Shiva is *Kala* or *Mahakala*. Periods of time are said as *Kali*. *Kali* or *Maya* or *Mahamaya* represents the ever-changing states of the created universe over different periods of time. *Kala* is infinite; *Kali* or Universal Consciousness is creator, nurturer and destroyer of finite over different periods of time. The whole Universe is an eternally unending dance of *Kali* on the chest of *Kala*. This is *Ardhanariswar*.

Pure Consciousness or Shiva or Krishna or *Param Brahman* is illuminating the body-bound Consciousness of all animate objects of the tangible Universe. So, to worship Krishna or Shiva you need not to go to the temple to kneel down in front of the stone-statue of the deity; you need not to try to contemplate on Krishna or Shiva with your eyes closed; with closed eyes you need not to construct pictures of Shiva and Krishna in your mental sky (*Chidakash*); with profound sympathy and empathy you have to stretch out helping hands to all those animate objects, who badly need your help. This is because, in the material plane supreme Lord, *Param Brahman* or *Paramatma* dwells in the body-bound Consciousness or *Jivatma* of all animate objects of the tangible Universe. This is the easiest form of worshipping the Lord; this is the easiest way to *Moksha*—liberation from cycles of deaths-and-rebirths. In this era of rampant materialism selfless service to mankind is the best and the easiest spiritual practice for any spiritual aspirant to reach his goal—this is the greatest

teaching of Sriramakrishna-Vivekananda to modern man. All animate objects of the physical Universe is *Ardhanariswar*, conjoin of *Paramatma* (male) and *Jivatma* (female). [Written after reading an article published in the February 2010 issue of the Bulletin of RMIC]

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MIND

https://www.speakingtree.in/blog/mind_45831

As a student of biology I very often come across the words like—'Life', 'Mind', 'Consciousness' etc. At the core of our hearts we all know the very meaning of those words; because we all possess these phenomena in our existence on the earth; but defining these subtler features of ours through the language of modern science is next to impossible. No search engine of the internet websites would be able to satisfy you. Language of modern sciences aptly explain the measurable, quantifiable, tangible phenomenon of the universe; but unable to describe the intangible qualities of the universe. Consciousness and its two prominent expressions—'Life' and 'Mind' are intangible, unquantifiable primordial entities of the universe. In our study of biology we always try to describe and explain various features of a living thing on the basis of laws of physics and chemistry; but so far invented laws of Physics and Chemistry are quite incompetent in explaining anything about these three. (*"In my search for the secret of life, I ended up with atoms and electrons, which have no life at all. Somewhere along the line, life has run-out through my fingers. So, in my old age, I am now retracing my steps...."* Albert Szent-Gyorgyi 1937 Nobel Laureate, Physiology and Medicine).The biggest problem is that modern science does not accept consciousness as a primordial

entity of the universe. Modern scientists of physical sciences love to think that Consciousness, Life and Mind are byproducts of the interactions between matters and energies of the physical universe. According to them, these subtler qualities of the universe are the outcome of the function of the gross ingredients of the tangible universe. 'From Gross to Subtle' is their idea. But according to the ancient Indian scientists, Consciousness, the most subtle entity of the universe is the creator and Consciousness is the building block used in creating the gross physical universe, consisting of Energies, Matters (Matters are condensation of Energies according to the famous mathematical equation of Einstein—E=MCC), Space and Time. This relationship between the Creator and the Created reminds us of the relation of a spider with its cobwebs. The Universe is His / Her; the Universe with all gross and subtle entities is He / She. The creator and the created are inseparable—this is the concept of Monism of ancient India.

The Mind (with all its different facets : Intelligence, Reasoning, Power to perceive sensory stimuli through sensory organs, Ability to perceive something without the help of sensory organs—ESP, Power to initiate and maintain motor functions, Power to think about abstract subjects, Learning ability, Ability to make verbal and nonverbal communication etc) of an animate objects in the tangible physical universe is nothing but expression, outward manifestation of the 'body-bound consciousness' or '*Jivatma*' or 'Soul' of that object. Again, this '*Jivatma*' of a living thing is actually part of 'Universal consciousness' or God or '*Brahman*' or '*Biswatma*' entrapped for a stipulated period of time in the ever-decaying physical form of that transitory object. 'Soul' or 'body-bound-consciousness' is like the ever-immutable depth of ocean water and 'Mind' is just like the ever-undulating surface activities of that ocean. So, your mind, my mind, minds of Jagyobalka, the Buddha, Jesus Christ, Attila the Hun, Adolf Hitler, minds of plants, minds of viruses, minds of prokaryotic and eukaryotic unicellular organisms, mind of a cow, of a tiger are all different expressions of a single entity—the Universal consciousness or God.

'Body-bound consciousness' and its expression—'Mind' is not the outcome of the Electrochemical-Electrical activities in the functional units (Neurons) of the nervous system of higher animals. In the world there are many living things without nervous systems those perform all their bodily functions with utmost intelligence; they are devoid of nervous systems but are not devoid of conscious awareness. A virus of Poliomyelitis, or of Rabies or of Encephalitis knows very well at the core of its heart that it has been created in the Physical universe to enter only into the neurons of higher animals to thrive and to reproduce—whatever may be the deleterious effects on the body of its host. Minds of AIDS viruses are sufficiently aware that they are created by God to affect only the T-Lymphocytes of infected persons; and they have no power to cause injury to the cells of the respiratory mucosa, as done by the Influenza viruses. Without learning Newtonian mechanics of gravitational forces, minds of plants send branches upwards for more light and ask their roots to grow downwards to get more mineral-rich water. Plants spread out branches and fan out leaves in very intelligent designs; so that they could get maximum amount of sunlight. (*"Researchers at the University of Tennessee, Knoxville, said: 'Bacteria are, in their way, big thinkers, and we found that they can feel about the environment around them using their receptors.'"*—The Times of India, dated 21.01.2010). However, the degree of expression of 'Soul' as 'Mind' varies to a great extent in different living objects. It is least expressed in a Virus, expressed to a great extent in plants; and extreme expression of it is seen in the lives of Jagyobalka, the Buddha, Jesus Christ, Sri Ramakrishna, Albert Einstein, Stephen W. Hawking and many other great masters of human history. My 'Soul' through its expressed state, which is conscious and subconscious parts of my 'Mind', regulates all functions of each and every cell of different parts of my physical body with the help of interdependent functions of the nervous system, endocrine system and immune system of the body. At every moment the structural integrity and functional state of my physical body are solely dependent on the instructions of God, (God is the Universal

consciousness, He is the greatest 'Mind') conveyed to each and every atom and molecule of my body, through my 'Soul' and 'Mind'. 'body-bound-Consciousness-and-Mind' of a man is the producer of the structural and functional state of the brain and of all other body parts of that man and Consciousness-and-Mind of that person is not the product of interactions between matters and energies in the brain and in any other organ of the body of that individual. Of late, psychologists and neuroscientists have started accepting this fact that—'Mind-and-Consciousness is extra-cerebral'.

Take a bag made of transparent plastic and seal into it a small amount of sea water and put that bag with water into the ocean. Our existence in the physical plane is like this set up. The ocean water inside the bag is the 'body-bound-consciousness' or 'Soul' or '*Jivatma*', the unlimited water outside the bag is the 'Universal consciousness' or God or '*Biswatma*'. Ripples large and small in the water inside the bag are different states of my mind over time—sometimes it is calm like an undisturbed flame of a lamp in a breezeless room and at times it is disturbed like the alcohol-intoxicated monkey who has been stung by a scorpion. The transparent plastic is my tangible physical body with name and form plus my 'Ego', my 'I- awareness', my 'I-consciousness', my *'Ahankara'*—that keeps my 'Soul', my real being separated from 'Universal consciousness' or God. This is the concept of 'Dualism', which describes that creator God and created physical universe with all inanimate and animate objects are two distinct entities. Most of the organized religions of the world are dualistic in theology. On the other hand, according to the theory of 'Monism' of Advaita Vedanta, Creator '*Param Brahman*' is the only real entity; created universe is unreal as because tangible universe, about which we know with the help of our sense organs, is mere wishful dream of the Creator.

My physical body with name and definite form, with my designations in human social hierarchy, plus the quality of my mind constitute my 'Ego'. This 'Ego' or '*Ahankara*' is not Vanity or Megalomania or delusion of grandeur. This 'Ego' is my insignificant 'i-awareness', my temporal identity, my minor

identity, and according to Sri Ramakrishna it is my unripe self. I must always be aware of the fact that my real identity, my true being, my permanent self, my real 'I-awareness' is my 'Soul' or my body-bound-consciousness. Minds of all animated objects have three qualities ('*Gunas*'—'*Sattwa*', '*Rajas*', and '*Tamas*'). All minds are results of different permutations and combinations of these three qualities of '*Prakriti*'. God or '*Param Brahman*' or '*Purusha*' is without qualities, devoid of '*Gunas*'. '*Prakriti*' or '*Maya*' is the creative urge of '*Purusha*'. So, '*Purusha*' and '*Prakriti*', God and His creative desire are inseparable. Infinite God creates a finite universe of animate and inanimate objects, taking Energies, Matters, Space, Time and '*Gunas*' of '*Prakriti*' as building blocks; and these unique building blocks are creations of the '*Purusha-Prakriti*' conjoin. God created inanimate and animate objects are playmates of God—this divine play or '*Leela*' with finite things is enacted to help God to realize His own infiniteness. No nonliving and living thing of the universe is dispensable. Each and every object of the universe has a stipulated purpose to serve, and has a definite role to play in the grand drama staged by the Creator and His Creations. Thousands of players act in this drama; and no two players have the same costume, color, and wig, as we find use of different theatrical masks in all good dramas of world literature. At the inner identity we all are same—all of us are parts of a single entity—the Universal Consciousness; but outwardly all of us have completely dissimilar 'Ego', each of us has highly individualized temporal identity; no two snowflakes are similar, no two pebbles are similar, no two men are similar. The Ego of the Buddha is created with a high percentage of '*Sattwa*', Napoleon's Ego is the result of a relatively greater amount of '*Rajas*', and the mask of Ego of a serial killer is full of the deep darkness of '*Tamas*'. The three '*Gunas*' determine the qualities of minds of individuals; thus these '*Gunas*' of '*Prakriti*' make each created object unique. High percentage of '*Sattwa*' '*Guna*' in gold and platinum makes them quite dissimilar from inert gases like argon, krypton etc; inert gases are composed of ingredients with higher percentage of '*Tamas*'.

Mind has two distinct stratifications. Actively conscious mind does all the work like the open page of the computer on which I am writing at this moment. Lasting impressions of all activities of mind, all thoughts, all experienced joy and sorrow, love and hate, pain and pleasure etc are stored in the subconscious mind as '*Sanaskara*'—like the collected data in the hard disc of the computer. Conscious mind and the subconscious mind of an individual might be considered as a single bird. Another bird is his 'Soul'. These two birds live for a stipulated period of time in the physical body of that person—imagine his body as a tree, providing temporary shelter to those two birds. The first bird is ever-active and it is always experiencing the outcome of its activities—at times sorrow and misery, at times joy and bliss. Second bird remains peacefully detached from all activities, it experiences nothing; and it is the immutable observer. This second bird i.e. our soul is used as a looking glass through which God enjoys His creation. We all are looking glasses of God. This is the only **divine purpose** of our existence on the physical plane. We, all inanimate and animate objects of the universe, are '*Gopies*' of Sri Krishna; we all are His playmates in the eternally unending '*Leela*' of the infinite with the finite. We should not hate each other; we should not disrespect anyone, anything in the physical universe; we should not express 'I am better than thou' attitude to each other; we should have profound love, sympathy and empathy for each other. (*"Strange is our situation here on earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a* ***divine purpose****. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of others...for the countless unknown souls with whose fate we are connected by a bond of sympathy."* — Albert Einstein).To restore lasting peace and harmony in the present difficult period of human history RMIC and other spiritual organizations should propagate this message of fellow feeling worldwide.

Human mind-body system with '*Ahankara*' or I-awareness is like a chariot; horses are different physical and psychological facets ('*Brittee*'—according to ancient Indian Scientists) of that

system. Soul or '*Jivatma*', entrapped in the mind-body system, is being illuminated, enlightened, and encouraged by '*Biswatma*' through the 'Song of God' (*'Srimad Bhagavad Gita Upanishad'*) to organize a drama of battle field. Five Pandavas (Positive aspects of the psycho-physical activities of the mind-body system—'Truth', 'Righteousness', 'Peace', 'love', 'Non-violence' or '*Ahimsa*') are son of '*Sattwa*' '*Guna*', and of a combination of '*Sattwa*' and '*Rajas*' '*Gunas*'. Opponents of Pandavas are hundred negative aspects of the psycho-physical activities of the human mind-body system. These are lust, anger, fear, ignorance, inertia, vanity, megalomania, envy, cruelty, and stubbornness….etc. These negativities are originating from '*Tamas*' '*Guna*' and from a combination of '*Rajas*' and '*Tamas*' '*Gunas*'. These three '*Gunas*' or attributes or qualities, and only these three qualities, are innate features of human mind-body system; because human mind-body system is a creation of '*Maya*'; and '*Maya*' has all these three qualities. '*Maya*' is the wishful dream of Sri Krishna. '*Biswatma*' Sri Krishna is beyond all these qualities; He is blissfully enjoying this eternally enacted drama of the Mahabharata using the 'Jivitma' as a looking glass. He is neither in the drama; nor is he not in the drama. According to Bishwma, the role of Sri Krishna in the Mahabharata is incomprehensible to the intelligence of a mortal.

When I worship Sri Ramakrishna as my respected teacher and guru, I am then a dualist in my theology. If I write a book bitterly criticizing the life and teachings of Sri Ramakrishna, I am then a follower of the concept of dualism. To me I myself and Sri Ramakrishna are two different entities; and I could love him or I could hate him. Likewise, Sri Krishna was regarded as a loving son, as an ever-joyful playmate in the pasture, as an unavoidable lover in the Vrindaban, as the greatest preacher with profound wisdom, as a fearsome warrior, as a skillful politician, as an ever-helpful dear friend, as a severely disgusting foe etc by many personalities. All of them were followers of dualism. On the other hand, the minds of many devotees of Bhagaban Sri Ramakrishna and Lord Sri Krishna became so enlightened that they realized at the core of their heart that Creator God and

created devotees are some entity—these two are inseparable. This is the concept of 'Monism'. Like many isms of human thought processes, like our many physical-psychological-social-political concepts, the ideas of 'Dualism' and 'Monism' are two different constructs of the human mind. A devotee may be a follower of dualism or monism according to the degree of enlightenment of his mind; but Sri Krishna and Sri Ramakrishna are well beyond the concepts of dualism and monism. God is beyond all concepts of the minds of mortals. God is neither monist, nor dualist. God or Avatar should not be judged on the basis of our narrow thought processes; because we are too little a part of a vast system, code name of which is God or '*Param Brahman*', to judge that system. A minute part of a totality could not know all about the whole. (Vide: UDBODHAN, 111th year, 9th issue. p.674)

When our bodies become old and infirm after a prefixed period of time since birth, our 'Souls' with stored data as '*Sanaskara*' leave the tangible body and recreate newer physical forms, with necessary modifications, accumulating well chosen ingredients from the physical plane. This concept of rebirth is now an accepted idea in the field of parapsychology and other allied scientific studies. (Vide the book of Dr. Brian Weiss—'Many Lives Many Masters'). This is the basis of the concept of evolution of complex life-forms (like—human body) from simpler living creatures (like—Viruses). Short-necked ancestors of modern-day giraffes died with this thought in their subconscious mind that,—'Our whole species would be extinct unless we could reach to the leaves high up on the trees, we have to make our neck long, as there is no more sufficient food for us at the ground level, in the geophysical area where we live'. Souls of such short necked creatures with this idea in subconscious minds in the womb of their short necked mothers started changing the genetic codes of their would-be-bodies. After many generations, after constant efforts over a long period of time they succeeded. The mind governs over the matters. The pebble on my table (my paper weight) would not evolve to a diamond; but apes evolved to man; ancestor of Kaltu, my pet cuckoo was a small dinosaur, mind of that small creature found

that aerial route was the safest way to avoid larger predators; so, dinosaur evolved to bird. Mindless pebbles cannot evolve to a better state of existence, but minds of apes and dinosaurs are expressive enough to perform genetic engineering on their physical forms to get a suitable physical body that thrives in various changing conditions on the surface of the earth. Minds of those life-forms who did not do necessary genetic engineering in time of crisis; all members of those species became extinct from the surface of the earth. This is the basis of the theory of—'Survival of the fittest'.

Thoughts and actions of your mind have lasting effects in making not only the life you are going to live in the present birth but also the life you would live in future rebirths. Results of my deeds and thoughts of previous life determine what would be the fixed assets of my present life—no free will of mine in this life would be able to change these non-changeable parameters of my present existence on the physical plane. Who and how will be my parents, who would be my teacher and preacher, how much ration of intelligence I would get in this life etc—all these have been prefixed before my birth by the results of my activities in previous life—this is called *'Prarobdha Karmaphal'*. These are the unchangeable hardware with which I came out of my mother's womb 56 years ago. Results of the activities of my mind-body system, those I get immediately are *'Kryoman Karmaphal'*. If I drink a glass of water immediately my thirst would quench. After intake of a Paracetamol tablet my headache would go after a reasonably short period of time. If I put my finger in a flame of fire it would burn now, not in my next rebirth. These are examples of *'Kryoman Karmaphal'*. Results of our activities in the present time come to us in the distant future—this is called *'Sonchito Karmaphal'*. Part of *'Sonchito Karmaphal'* is enjoyed in this life before death and part of it is carried forward to the next rebirth as *'Prarobdha Karmaphal'*. At a young age if a boy learns well the art of doing a meaningful job—he might not get the immediate result of that activity; but he would be able to use that skill in later part of his life to earn his bread. *'Kryoman Karmaphal'* and *'Sonchito Karmaphal'* are under the free will

of human mind—this is a God-given advantage of ours over other less evolved creatures. If the active bird (mind) takes bitter poisonous fruits it suffers; if it takes sweet nourishing fruits it becomes delighted. It has sufficient freedom to choose its fruits. Likewise, I have every freedom to choose my line of actions—mental and physical. If I were indulged in negative thoughts (lust, anger, fear, envy, jealousy, vanity, megalomania, cruelty etc) and in criminal activities; I would suffer physically, psychologically, spiritually in contemporary life and in the life after my next rebirth. If I could suppress the '*Tamas*' in my mind and enhance '*Sattwa*' by observing spiritual practices I would be empowered physically, psychologically and I would be enlightened spiritually not only in here at present, but also in my next rebirth. Great masters of all religions under the sun have preached this lesson since time immemorial.

In our lifetime, there are three well known states of the human mind over different periods of time in a day. When we are aware and awake—the mind is very much active with all our sensory and motor organs. In REM-sleep (Rapid Eye Movement Sleep) or sleep with a dream, some faculties of our minds become temporarily dormant. In non-REM-sleep or dreamless sleep or deep-sleep our minds become calm like the surface of the water of a pond in the breezeless day; our mind remains well connected with our soul in deep sleep. Fourth state of the human mind is '*Turiya*', a state of profound mental serenity with full awareness. Prolong spiritual practices help us to reach this state; and all human brains have inbuilt software to enjoy this state. (Shankaracharya and other ancient masters used to think that the state of '*Samadhi*' or state of '*Turiya*' is achievable to the human mind with effortless ease. Vide—*'Chetonar Arohini'*, a small Bengali book by renowned scholar and well known seer Gobindagopal Mukhopadhyya). This God gifted power of ours is miserably underused by most of us. Very few brave persons, who venture to reach this goal shunning all sensual pleasures of the world, get immense intuitive power and profound mental strength. With that intuitive power all mysteries of the universe become clear to them; they are remembered long; after so many

years, even today we pay homage to the Buddha, Christ and other great masters. Long history of human civilization is actually a biography of such courageous souls. After hundreds of years since their demise the effect of the teachings of Jagyobalka, the Buddha, Jesus Christ, Mohammad, Nanak, Sri Krishna Chaitanya, is easily palpable in the thoughts and deeds of many good-hearted men of the modern time.

According to laws of physics matters attract matters. Our physical bodies are made up of matters. We have intense craving, uncontrollable lust for matters—animate and inanimate (*'Kamini-Kanchan'*—as said by the master), those give us sense gratifications. Even at this old age, my mind-body system has an uncanny craving for the pleasure of taking a physical body, named Rajbhog, made up of matters—milk, sucrose and a little bit of nutmeg. I am hooked to the pleasure of sense gratification; this is the force of '*Maya*' that keeps us bound to the material plane. On the contrary, our ancestors in ancient India, after 50 year of age, used to lead a life of ascetic in the forest leaving behind a worldly life of sensual pleasures. Really brave are they who courageously overpower this immense force of '*Maya*' to realize the true nature of the universe. The transcendental truth, the subtler truth, about the universe is veiled by the glittering glory of its manifested form. To understand the subtler truth, to realize the eternal truth about the universe, the human mind should have to achieve the state of '*Turiya*' transcending impermanent glory of the manifest. (*"My dear Uddhava, persons dedicated to sense gratification…cannot understand that I am situated in everyone's heart and that the entire universe is not different from Me: it emanates from Me. Indeed, they are just like people whose eyes are covered by fog."* —Srimad Bhagavatam, 21.28) Human Souls are like kites with desire to explore and experience the infinite; but they are tied to the finite '*Maya*' using the threads—lust for '*Kamini*' and '*Kanchan*'. '*Maya*' or '*Mahamaya*' or '*Makali*' or '*Bhabatarini*' is the creative dream of '*Param Brahman*', the infinite; '*Maya*' is the greatest puppeteer, who runs Her show eternally with all inanimate and animate objects on a beautifully decorated stage—known to us as 'Physical

Universe'. With the help of strong mental power great seers of all human groups reached to the infinite by severing the thread that keeps most of us bound to the finite. This is true freedom, salvation, nirvana, moksha; this is our ultimate goal to reach.
25.01.2010

WE ARE NEVER NOT-GOD

https://www.speakingtree.in/blog/we-are-never-notgod

Take a plastic bag, put sea water in it, keep that plastic bag with sea water in it into an earthen pot; keep this three-in-one arrangement into the ocean. A human being is like this three-in-one arrangement. Ocean water outside the earthen pot is the universal consciousness or God. Earthen pot is our ever-decaying physical body. Plastic bag, subtler than earthen pot, is our mind (Human mind has two distinct parts—superficial conscious mind like the open page of a computer on which works are being done; and deeper subconscious mind like the hard-disc of a computer- hard-disc of a computer is a data storing device. Human mind has four different states over time—awake and aware state, rapid-eye-movement-sleep state, non-rapid-eye-movement-sleep state and transcendental state or '*Turiya* state' or fourth state or '*Samadhi*'. Sea water inside the plastic bag is body-bound-consciousness or the soul of that individual; and the soul of an individual is part of universal consciousness or God; as because the same ocean water is inside the plastic bag and outside the earthen pot. So, at the core of our being we all are God, we are never not-God. We all are one at the core of our being. Our physical bodies with different names and diverse forms, and our minds with various tendencies, create masks of 'Ego' that keep our soul separated from universal consciousness. Meditation and other spiritual practices under a true guru help us to realize this truth about our eternal relationship with God.
20/09/2015

SIMPLEST AND EASIEST PATH TO SPIRITUAL ECSTASY

https://www.speakingtree.in/blog/the-simplest-and-easiest-path-to-spiritual-ecstasy

So long you are in this physical universe with objects having names and forms; you should work hard on a righteous path to sustain your body and for the well-being of your family, your society and the human-race as a whole. While working, according to your physical and mental capabilities, chant silently with pure heart the name of the creator of the universe; and in your leisure time sing, with gratitude, glory of God; and whenever possible be proactive in stretching out your helping hand to someone who badly needs your assistance. This is the simplest and the easiest path to spiritual ecstasy transcending the material world; and this spiritual experience reveals to us the formless-nameless *Param Brahman*, that expresses Itself as a tangible universe with billions of inanimate-and-animate objects with forms and names. This is the teaching of the theory of 'Monism' elaborated in the voluminous treaties of the Upanishads and the Gita; and we know that 'Monism' is the main theological basis of *Sanatan Dharma*, popularly known as 'Hinduism', propagated by ancient Indian scientists.

20.09.2015

Indian Institute of Classical Languages (IICL)

https://www.speakingtree.in/blog/indian-institute-of-classical-languages

First Indian Institute of Technology (IIT) was established at Kharagapur in West Bengal in the year 1951 by Central Government. Sanskrit College in Calcutta was established by British rulers of India on 01/01/1824. To restore the lost glory of

such a time-honored center of learning, present Government in New Delhi should take over the college, and should convert it into the first Indian Institute of Classical Languages of the nation.
20/09/2015

MAYAVATI ASHRAM

https://www.speakingtree.in/blog/mayavati-ashram

Main theological basis of the most of institutionalized religions, in vogue, in modern human society is Dualism; and according this concept Creator of the Universe and the Created Universe are two different entities; Creator and His Creations are separate entities, like the potter and the earthen vessels manufactured by him. On the other hand, main theological basis of *Sanatan Dharma*, popularly known as Hinduism, is Monism or Non-dualism; and according to this concept there is only one entity in this Universe that has real existence; and that very entity is nothing other than Pure Consciousness or *Param Brahman*; and Created tangible Universe with all inanimate and animate objects are time-space-bound expressions of *Param Brahman*; just like a vast tree is nothing but an expression of a tiny seed. The seed and the tree, emanating from that seed, are inseparable. So, according to Hinduism Creator and the Created things are inseparable; to the followers of *Sanatan Dharma* all things and everything is God, there is nothing in this Universe which is not-God. To a Hindu all stars, all planets, all plants, all men-and-women, all animals are his relatives; because all these are emanating from a single source. Hindus pay their respect to *Param Brahman* worshiping all inanimate and animate bodies of the Universe, because to Hindus all these diverse Created objects of the tangible Universe are diverse expressions of the only entity of the Universe that has real existence, and that entity is—Pure Consciousness. Hindus sincerely go through many spiritual practices to experience this sacred truth at the core of their heart.

Modern science also endorse this truth; according to modern science Pre-Big-Bang state of the Universe expresses itself through Big-Bang to create Energies-Matters-Space-Time, and we know that, Created physical Universe with all inanimate and animate objects is fabricated out of only these four ingredients.

Swami Vivekananda, the best representative of this sacred wisdom of India in the modern era, spent most of his short-but-bright working life in preaching people of Europe and America about the divine truth propagated by the concept of Monism. Empowered by the concept of Monism, he advised all members of the human society about universal brotherhood; he categorically highlighted this fact that, concept of universal-brotherhood, universal-love, universal-acceptance universal-fellow-feeling based on the theory of Non-dualism of ancient India is the only way to bring long-lasting peace and tranquility among different embattling human groups on the surface of the earth.

For those who are sincere enough to realize, to experience at the core of their heart, the celestial truth propagated by the concept of Monism, Swami Vivekananda, with the help of some of his foreign disciples built an Ashram in the dense forest at Mayavati on a mountain peak of the Himalayas. Worshiping of any deity is not permitted here. This Ashram is for contemplation and meditation on the highest spiritual truth propagated by the concept of Non-dualism. Rooms and library used by Swami Vivekananda and other great monks of the Ramakrishna order are well-preserved there; old printing-press used by disciples of Swami Vivekananda to publish 'Prabuddha Bharat', periodical on spiritual thoughts, is kept in the Ashram as a museum-piece. Anyone interested to experience the celestial bliss of the peaceful ambiance of the Ashram could go there from Bareli in the UP by road. There are good arrangements in the Ashram to stay there for a few days. *Maya*vati Ashram runs a very well-equipped hospital to serve the poor local peoples. I am fortunate enough to have blissful stay in the ashram for 3 nights.
16 09 2015

MEDIA OF INSTRUCTION

https://www.speakingtree.in/blog/media-of-instruction

Of late, we are coming across many discussions about the media of instructions in schools of West Bengal. We should not forget the fact that the fate of a Bengalee's life in West Bengal is intimately tagged with the ups and downs of the life of India as a whole. So, to communicate with peoples of other states we Bengalees should learn Hindi—language understood by most Indians. At the same time to be an active member of the Global village in this era of Globalization our students must learn English—language understood by many human groups on the surface of the earth. For some Socio-political compulsions Bengalees learnt languages of the central Asian countries before the English-rule in India; later on they learnt English during English rule; but Bengalees never neglected their mother tongue; they created world-class literature during all these periods. Now, it is badly needed for our students to learn Hindi and English, without neglecting their mother tongue. Some suggestions about teaching students three languages without burdening their small heads are as follows—

1. All Bengali-speaking and Hindi-speaking students in West Bengal should learn Physics, Chemistry, Biology, Economics, Mathematics, History, Geography, Geology, Accountancy etc through English only. They should have a small book of English grammar and composition; but no book of English literature containing lots of prose and poems. They would get sufficient working skills in English language. Constant use of a language is the easiest and a less-time-consuming method for learning that language.
2. Bengali-speaking students should learn Bengali from two books—one for Bengali grammar and another one containing well-chosen prose and verses from the ocean of Bengali literature. Non-Bengali-speaking students in West Bengal should learn their respective mother tongue in the same way.

3. Bengali-speaking students should learn Hindi from a single textbook printed in Devnagari script; and the book would contain collections of literary works, from all Indian languages, translated in Hindi. This would help them not only to learn the language—Hindi, but also to have a glimpse into the life of different human groups in our vast country. Likewise, non-Bengali-speaking students in West Bengal should learn Bengali language from a book printed in Bengali script, containing all Indian literature, translated in Bengali language.

10.05.2015

MONISM AND MONOTHEISM

https://www.speakingtree.in/blog/monism-and-monotheism-208793

Main theological basis of *Sanatan Dharma*, popularly known as Hinduism, (mother of all institutionalized religions in vogue in modern human society) is 'Monism'; and according to this concept Creator of this tangible universe and the Creation itself are inseparable; formless Creator expresses Himself as inanimate-and-animate objects of diverse forms and names. So, we, the followers of *Sanatan Dharma*, pay our respect and regard both to formless Creator (*Gyanyogi*) and to all inanimate and animate objects of this physical universe; we offer our Puja to all things and everything of the universe; to us there is nothing in this universe which is not-god. Inferences of modern scientific inquiries about the true nature of this universe are mere distant echoes of the theory of 'Monism', propagated by ancient Indian scientists.

According to the theory of 'Monotheism' of other newer institutionalized religions the Creator of the tangible Universe and created universe are two different entities—like the potter and his manufactured earthen pots are never-inseparable. Followers of Monotheism pay their respect and regard only to the intangible Creator; and they think worshiping inanimate-and-

animate physical objects of this created universe is sin to God. A follower of Monotheism would be annoyed with me if I tell him that, according to the teaching of most ancient religion on the Earth I am God, he is God, you are god , she is God, Sun-Moon-Planets-Plants-Mountains-Hills-Rivers-Animals-Birds-Dusts-Table-Chair-Computer all are God, nothing is not-God; all created objects are glory of God; and we try to remember our eternally-inseparable-relationship with formless Creator God with blissful mind by offering Puja to all created bodies with names and forms.
20.09.2015

OPAREKSHANUVUTI

https://www.speakingtree.in/blog/oparekshanuvuti

Meditation is one of many spiritual practices, one of many paths to '*Samadhi*'. In '*Samadhi*' the Mind stops existing. When Mind vanishes our Ego ceases to exist. 'Mask of Ego' of ours keeps our Soul (our body-bound consciousness) separated from Universal Consciousness or God. In '*Samadhi*' our soul comes in direct contact with Universal Consciousness or *Param Brahman* or God. This is 'Oparekshanuvuti' according to ancient Indian Seers; 'Bodhi' according to the Buddha; and according to modern-day spiritual Gurus—'Enlightenment'. Suhrit Kumar Dey, mathematician and scientist of the NASA has come to the conclusion that logic of mathematics could prove beyond doubt that, in the depth of spiritual practices the Mind ceases to exist; only the 'I-awareness' of the Soul exists. The person in '*Samadhi*' goes beyond the different experiences of the material plane; he enjoys the celestial bliss of the company of God. (*"Right and wrong, joy and sorrow, these are of the mind only. They are not yours. It is not really you who acts or enjoys. You are everywhere, forever free."* —Ashtavakra Gita 1.6)
16 04 2012

MENTAL HEALTH

https://www.speakingtree.in/blog/mental-health

Mental health is a spectrum of mental states. At one end of it live the healthiest persons—great masters of human history—The Buddha, Jesus Christ, Sri Ramakrishna and others. They are the sanest persons. The naked schizophrenic who is roaming in the streets of towns and cities is on the other extreme end of that spectrum. We all are placed at different locations in between those two extremes. None of us is 100% healthy mentally according to that benchmark. Spiritual practices, as advocated by all organized religions of the human race, not only prevent us from spiraling downward but also lifts us to the healthier end of the spectrum. Rat race of modern life and the stress and anxiety of our contemporary fast life are constantly threatening us to pull us down to the worst end of the spectrum. Only Spiritual training (Breathing exercises or '*Prana*yan', Retention of mind or 'Dharana' Meditation or 'Dhyan') could rescue us, but no anxiolytic drugs, no mood-elevating potions would ultimately be able to save us from slipping down.

22.10.2011

11.09.1893 and 11.09.2001

https://www.speakingtree.in/blog/11-09-1893-and-11-09-2001

On 11.09.1893 at the Parliament of Religions in Chicago, the USA, Swami Vivekananda proclaimed that lasting peace and perfect harmony would prevail in human society only if we follow the teachings of Sri Ramakrishna. Because Sri Ramakrishna is the only person in the long history of humanity, who observes that, there is some truth in all religious and in all social doctrines, so we must accept all of those in our life. (However, Sri Ramakrishna advised us to be very much judgmental in doing so, just to avoid the thorns of harmful instructions, some of which are always present in all man-made

doctrines. He also advised us to discard those instructions in all doctrines, which have lost their usefulness in the present day situations of modern men. He allegorically said, 'Herbal decoction was a good cure for fever in age-old days; but now-a-days Cinchona of Dr. D. Gupta is a better option.') We did not bother ourselves to pay heed to those historical sayings of Vivekananda and to this unique all-accepting ideology of Sri Ramakrishna. We did listen to Vivekananda but we did not follow his advice, as we did not pay serious thought to what the old masters (the Buddha, Christ and others) had told us to do. History tells us that the number of the true followers of the teachings of great masters was always very small. The Minds of most of the worldly men are always intoxicated with lust for sensual pleasures, with undying craving for Material wealth, with ever-increasing greed for more and more power to subjugate other fellow human beings. So, our mind is never ready to accept the good advice of great masters. This is the worst tragedy in the long history of human civilization. We discarded all the preaching of the Buddha, Christ, Sri Ramakrishna-Vivekananda and others. So, after 11.09.1893 we had the misfortune of witnessing the occurrence of two great world wars and God forbid, mankind might have to suffer a third one after the incidence of mass killing on 11.09.2001 in New York, USA. [*"It is not for him to pride himself who loves his own country, but rather for him who loves the whole world. The earth is but one country and mankind its citizens."* —Baha'u'llah]

Due to ever-increasing differences of opinions among various human groups; due to mounting mistrust among different members of the human society and due to ceaseless production of more and more weapons of mass destruction; the very existence of Homo sapiens on the surface of the Earth is at stake. To save ourselves from total extinction and to keep the Earth (our only abode) alive we must have to pay heed to the sayings of Sri Ramakrishna-Vivekananda. 'Adaita Vedanta', oldest scientific discourse in the history of human civilization, is the theological basis of the all-inclusive, all-accepting ideology preached by Ramakrishna-Vivekananda. Here we are quoting some of the sayings of

Vivekananda, principal disciple and renowned spoke-person of Sri Ramakrishna—

1. *"Sectarianism, bigotry, and its horrible descendant, fanaticism, have long possessed this beautiful earth. They have filled the earth with violence, drenched it often and often with human blood, destroyed civilization, and sent whole nations to despair. Had it not been for these horrible demons, human society would be far more advanced than it is now. But their time has come; and I fervently hope that the bell that tolled this morning in honor of this convention may be death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal."* —This was the speech of Swami Vivekananda at the World's Parliament of Religions, Chicago, USA on 11 09 1893.
2. *"I shall go to the mosque of the Mohammedan; I shall enter the Christian's church and kneel before the crucifix; I shall enter the Buddhistic temple, where I shall take refuge in Buddha and in his Law. I shall go into the forest and sit down in meditation with the Hindu, who is trying to see Light, which enlightens the heart of every one. Not only shall I do all these, but I shall keep my heart open for all that may come in the future."* — Swami Vivekananda

Excerpt from my book 'Doctors Be Conscious About Consciousness' 02.01.2012

FASTING, AN UNIVERSAL RELIGIOUS RITUAL

https://www.speakingtree.in/blog/fasting-an-universal-religiousritual

Fasting and other forms of religious rituals are observed by members of different human groups of all institutionalized

religions under the Sun. From the Gita, the best book on human-resource-development in the long history of human civilization, we know that all our thoughts, our each and every spoken word, our all deeds using our physical organs of action yield fruits (*Karmaphal—'Karma'* means work done and *'Phala'* means result); and the nature of the fruits would be according to the type of actions performed by our thoughts, by our speeches and by our physical-works; and we are bound by the law of the universe to receive the results of our these three forms of actions in this present life or in the life of our next come-down to this material plane; we cannot escape from this universal law.

Righteous actions for betterment of human race, benevolent thoughts about further evolution of human society, kind words to all members of human society make our mind blissful; non-righteous deeds against a person, wicked thoughts to cause harm to a person, use of harsh words to insult a human soul usher in sadness, misery and physical and mental agony.

Sad part of the story is that even when we are observing fasting and other forms of religious ritual our minds remain loaded with the thoughts—"I have to kill the man whose method of worshiping God is different to a great extent from that of mine; I have to cause harm to a woman physically and mentally whose belief-system about God and about the true nature of this physical universe with all inanimate and animate objects is completely different from that of mine; I have to rob belongings of a person who is not following the teachings of the institutionalized religion that I follow."

All these cruel thoughts at the back of our mind even while following the prescribed rituals of our own religious belief-system yield evil results; those do not usher in physical well-being and mental serenity. Original idea of prescribing religious rituals of all religions was to bring physical well-being, to make the human mind sound and to enlighten our soul. These cruel thoughts of ours are causing inter-religion and intra-religion conflicts; and daily blood-shed round the year in almost all human groups on the surface of the Earth.

So, to get physical well-being, mental peace and spiritual

enlighten-ment by observing religious rituals, we, followers of all institutionalized religions, should try hard to make our minds free from all negative thoughts about others.
04.07.2014

Prevention of Metabolic Syndrome

As a practicing physician for many years my observation is that to curb the global epidemic of obesity, diabetes mellitus, premature atherosclerotic diseases we must have to avoid excess consumption of cereals, sugar, fat and oil in our diet. In my opinion healthy diet is the one which consists of plenty of pulses, fruits, vegetables, fish and fat-free milk. And it is advisable to fast daily from 7 pm to 7 am.

2006

This letter was published in the British Medical Journal South Asia edition September 2006 issue, Page 591

Healthy living

Incidence of obesity, diabetes mellitus, hypertension, with deleterious effects of these diseases on our all organ systems is rapidly increasing in most of the countries of the world. These diseases are called Life-style disorders; these are due to our unhealthy life-style. We are indulged in consuming lots of calorie-dense cereals, sugars, fats, oils, full-fat milk; and we are reluctant to take part in any form of physical exercises. To enjoy disease-free long life we should consume lots of pulses, beans, legumes, lots of low-starch vegetables with different colors (green, red, yellow), lots of low-glycaemic-index fruits with varying colors, plenty of fat-free milk, oily fishes containing lots of omega-3 fatty acid, white of eggs, frequent intake of green tea, daily intake of 50 gm black chocolate, and if possible little amount of olive oil, red wine and nuts. Fresh fruits should be

taken raw; vegetables should also be eaten raw or lightly steamed—not well processed, not over cooked. We should take spices; most if not all spices are good for health. We should do adequate physical exercise at least five days in a week; and we must fast daily from 7PM to 7AM. Daily meditation for a few minutes ushers in mental and physical wellbeing. This is a gist of different recommendations for healthy living published in many international medical journals.
14 07 2008

Healthy Diet

In rural Bengal, where I practice Medicine, I very often come across many patients of premature atherosclerotic diseases with Type II Diabetes; and the surprising fact is that, the affected persons are neither sedentary nor over weight. They work hard 12 hours a day in brickyard or in agricultural farms or in non-motorized fishing-boats. Their Body Mass Index is normal or below normal. They consume lots of fiber-free Calorie-dense cereals, plenty of sugar; they use liberal amount of Trans-fatty acid (*Bonospati*) in their cooking. They take very little pulses, fish, flesh, dairy, fruits and vegetables in their day-to-day menu. In my opinion it is a myth that the diet chart of an ordinary not-so-well-to-do Indian is rich in fibers—this is my practical experience during my long associations with these unprivileged lots. [Moreover, soluble fibers in pulses, beans etc are good for reducing post-meal surge of blood sugar and blood lipids; but not the insoluble fibers of vegetables. Indians consume very little amount of pulses and beans, lentils, legumes. Per capita supply of pulses and beans are steadily declining in India since the 1950s; and the cost of these food items are going out of the purchasing capacities of the common man.] This utterly unbalanced Cereal-Sugar-Fat-rich diet chart of common Indians is seriously deficient in Folic Acid and Vitamin B12, leading to Hyperhomocysteinaemia. Epidemiological surveys conducted by

various centers in India have undoubtedly proved that incidence of Hyperhomocysteinaemia is very high among Indians. And this Hyperhomocysteinaemia along with the toxic effects of Trans-fatty acids and toxic effects of persisting high blood level of Glucose (Glucotoxicity—due to postprandial surge of blood sugar after each intake of large amount of cereals of high Glycaemic index) are the main causes of epidemic of Type-II Diabetes and premature atherosclerotic diseases in India. Science of Molecular Biochemistry has proven beyond doubt that persisting high blood levels of Glucose, Insulin, Homocysteine, Hydrogenated fatty acids, Stress-hormones etc have direct toxic effects on the normal functions of the Beta cells and of the Endothelial cells—leading in Type-II Diabetes and premature Atherosclerotic diseases. Moreover, Hyperhomocysteinaemia and presence of Trans-fatty acids in blood are proven causes of Insulin-resistance, leading to Hyper-insulinaemia, which is atherogenic. The Indian Government should ask the food processing industry to stop this bad habit of converting healthy unsaturated vegetable oils into harmful Hydrogenated Trans-fats. To reduce incidence of Hyperhomocysteinaemia among Indians the Food processing industries should fortify their products with Pteroyl-monoglutamate, a stable form of Folic acid; as done in the USA. (Vide BMJ 24 Jan. 2004). People of both rural and urban India should be educated about dos and don'ts regarding their food intakes. Farmers in India should be encouraged to produce more and more pulses, fruits, vegetables, beans, nuts, fish, fat-free milk, oil-seeds containing high omega-3-fatty acids etc. Agricultural scientists should try to cultivate olive in India, because olive oil is the best health giving cooking medium. Central and State Governments should encourage farmers to cultivate Rice of low Glycaemic Index (e.g. BR16). All Indian doctors and all media personnel should try their heart and soul to motivate the administrative authorities to implement these suggestions. Otherwise, a large chunk of our national income would be drained out in treating an ever-increasing number of cases of Diabetes and Atherosclerotic diseases. These measures are essential to avert the epidemic of Diabetes and premature

Atherosclerotic diseases in India. (Vide:—BMJ Feb 2007 Vol. 22 No. 12)

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08.01.2007

Real treatment still unknown

When I surf through the books of medicine read by my father and grandfather, I find that lots of pages are used in those books discussing Syphilis. At that time there was no real treatment of Syphilis; and doctors of that era used to try to treat this disease with different molecules—but they failed. Syphilis affects all organs of the body. So, teachers of medicine of those days used to tell their students—'Know Syphilis, know medicine.' The books of medicine that we read in the 70's contained discussions on Syphilis only in half of a page of those books; because by then really effective treatment of Syphilis was well evolved. God simply sprinkled molds (Penicillium) in the bacterial culture of an observant pathologist. In recent times we can tell—'Know Diabetes Mellitus, HIV-AIDS, Premature Atherosclerotic diseases, Cancer, SLE, Hepatitis B & C, Multi-drug resistant Tuberculosis know medicine.' All these diseases affect all organs (from scalp hair to toe nails) of our body and God is yet to give us the real treatments of these diseases. In future, when God would provide us with knowledge of the most effective curative measures against these ailments through some determined hardworking research-scientists of bio-sciences, afflicted persons of these diseases would then get treatment easily over the counter from nearby chemist's shops. Till then so called expert clinicians of these diseases would amass lots of money as fee from pharmaceutical houses and would fly from one continent to the other to deliver their well thought out knowledge about so-far-known treatments to some sleepy listeners in dimly lit cozy

conference rooms of 5-star hotels. Until we know real treatment of all those diseases, miles of green of the earth would be deforested to mill out papers; so that we could record our current understanding about these diseases in black and white.

This article was published on page No 402 of July 2007 issue of British Medical Journal South Asia Edition)

Consciousness is extra-cerebral

https://www.speakingtree.in/blog/consciousness-is-extracerebral

There is a serious misconception among many scholars that Consciousness is the outcome of Electrical and Electro-chemical activities in the Neurons, which are functional units of Nervous system. But there are many living bodies without neurons (Viruses, Prokaryotic-and-Eukaryotic unicellular organisms, Multicellular organisms without nervous systems), under the Sun, who lead their lives with utmost intelligence; and we know intelligence is one of many facets of Consciousness. So, the existence of Consciousness in a physical entity is not at all dependent on the presence of the nervous system in that entity. Consciousness is the primordial entity of the universe; it is the only entity in the universe that has real existence, eternal existence; all other fleeting tangible-intangible entities of the universe have temporal existence; Swami Vivekananda described Consciousness as—'Existence absolute'.

[www.speakingtree.in/blog/doctors-be-conscious-about-consciousness]

All inanimate and animate bodies of the tangible universe are made up of four, only four, entities—Energies, Matters, Space and Time. Modern science has come to the conclusion that matters and energies are interchangeable, truly speaking matters are condensation of energies (According to mathematical formula of Einstein E=MCC); moreover, space and time in the tangible universe are ever-conjoined. Inferences of modern

scientific inquests about true nature of the universe have also come to this conclusion that these four are not the ultimate building-blocks of the tangible universe; ultimate building-block of the physical universe is the most subtle entity of the universe—and that entity is nothing other than Pure Consciousness. Energies, Matters, Space and Time emanate from Pure Consciousness. Ancient Indian scientists, who are popularly known as Rishis, used to call that ultimate building-block as *Param Brahman*; *Param Brahman* expresses Itself as all tangible and intangible entities of the physical universe. As because all living and nonliving objects of the physical universe emanate from Pure Consciousness, there is no one or nothing in the universe which is devoid of inherent Consciousness. Sri Ramakrishna helped young Narendranath in realizing this truth; with the help of his guru Narendranath experienced, for consecutive three days, that all living and nonliving things around him were glittering with the bliss of divine Consciousness.

Consciousness in the pebble on my table (my Paper-weight), in the key-board of the computer on which I am working at present, in the snake-plant on my window-box, in the goat, that I could see through the window of my room and, above all, in you and I, are parts of Universal Consciousness or *Param Brahman* or *Biswatma* or God. So, none is not-God, nothing is not-God. However, degree of expression of Consciousness differs in different bodies; Consciousness is least expressed in inanimate objects, expressed to a greater extent in plants and lower animals, and in the long history of humanity the highest expression of Consciousness is seen in the lives of Jagyavalka, the Buddha, Jesus Christ, Sri Chaitanya Mahaprabhu, Guru Nanak, Sri Ramakrishna and other great masters of spiritual science. We love to worship them as God. So, cause (Creator—Pure Consciousness or *Biswatma*) and effect (Created Physical universe with all things—living and nonliving) are seamlessly continuous, these two entities are inseparable; and this is the concept of Monism, main theological basis of Hinduism. However, Abrahamic religions do not endorse this concept of Monism.

Consciousness in me is called *Jivatma* or my Soul; and it is part of Universal Consciousness or *Biswatma*. My soul expresses itself as a mind-body complex with form, name, designations etc. for a stipulated period of time; and at the end of that period of time my mind-body complex would wither away from the physical plane, but my never-decaying soul would re-express itself into a newer mind-body complex in future. This concept of the cycle of Birth-Death-Rebirth or *Janmantorbad* is one of the main pillars of Hindu Philosophy. Like the theory of Monism this very concept is also not endorsed by most other religions, in vogue, in modern human society. Going through birth-after-birth *Jivatma* evolves itself to such a spiritual height that, it becomes very easy for the *Jivatma* to throw away the mask of ignorance, that separates *Jivatma* from *Biswatma*, forever; and *Jivatma* becomes non-existent in blissful ocean of *Biswatma*. This is salvation or Moksha or Nirvana—the ultimate goal for *Jivatma* to reach.

[http://www.speakingtree.in/blog/concept-of-monism-and-worldpeace-654603]

My Consciousness or my *Jivatma* is extra-cerebral, rather extra-corporeal; *Jivatma* is not bound to any part of my body; *Jivatma* is not out-come of functions of any part of my physical body; my mind is one of many expressions of *Jivatma*; *Jivatma* uses my nervous system, organs of perception, organs of action as tools to perform lots of diverse activities for enjoyment of the Creator of the universe—this is *Lela*—playful enjoyment of Creator with the Created. Moreover, through psycho-Neuro-hormonal axis and psycho-Neuro-immune axis *Jivatma* keeps each and every part of my physical body viable for a stipulated period of time. Our Souls are the puppeteers; our mind-body-complexes are puppets in the vast show for recreation of the ever-witness, ever-indifferent God, the creator of the universe.

My organs of perception could not perceive anything about *Viswatma*, my mind could not know anything about God or *Viswatma*; but my Soul knows all about God, because my Soul is

seamlessly continuous with *Param Brahman* or God. Waves of different size and shapes at the seashore know all about sea-water in the ocean itself. My body-mind complex with form-name-designations, my I-awareness or I-consciousness, my ego, my vanity create a mask of pretended ignorance that separates the *Jivatma* from *Biswatma*. This separation of *Jivatma* from *Biswatma* by a thin veil of ignorance is essential for playful enjoyment *(Lela)* of the Creator with the Created. Without this mask of ignorance Creator and Created become one entity; for enjoying *Lela* two different entities must be there; separate existence of Srimati is must for *Lela* with Sri Krishna. Through vigorous spiritual practices this veil of ignorance disappears and *Jivatma* experiences the bliss of *Biswatma*. This is realization of God or Enlightenment. Realized Souls lead normal worldly life on the path of righteousness; they never do chest-thumping to advertise their achievements. Zen masters used to say—'Chop wood, carry water before enlightenment and chop wood carry water after enlightenment.' However, serious spiritual-aspirants are attracted to such blessed persons to get encouragement to walk on the razor-sharp path to the highest spiritual-goal. According to Thakur Ramakrishna, the only goal of human life is to realize God. It is heartening that long human history is illuminated by many such spiritually-enlightened bright stars. ['Ego', 'Vanity', *'Ahamkara'*—Bulletin of the RMIC: 36-39: January 2010]

'What is God'—is a perennial question of the human mind. The best answer to this question, we get, from Sri Ramakrishna. According to Thakur, God is like a wood-apple or *Bael* or *Sriphal*. When we visualize a mental picture of a wood-apple, we think about the hard outer shell, we think about tasty edible portion with thick-and-thin, soluble-and-insoluble fibers, we think about seeds with gel-like substance; while visualizing a wood-apple we discard no part of it. Likewise, God is all nonliving-and-living bodies of the physical universe, plus the intangible Creator of the universe, who has expressed himself as all physical bodies of the tangible universe.''Discard none',

'Discard none', 'Discard none', 'Discard nothing', 'Discard nothing', 'Discard nothing''—this all-encompassing concept of Monism is the greatest teaching of Sri Ramakrishna to modern man.

[This article is written after reading an article, published in March 2017 issue (Page 21-28) of Bulletin of the RMIC]

Welfare State

https://www.speakingtree.in/blog/welfare-state

Of late, the concept of 'Welfare State' in many countries, on either side of the Atlantic, gives citizens free fish instead of teaching them how to fish. This causes serious harm to the proactive attitude of the citizens and these dole-dependent persons are gradually plunging into the deep darkness of '*Tamas*' (inertia); and this inertia is making them a failure in both physical life and in spiritual awakening. In the long human history, all successful persons achieved their success toiling hard intelligently on the righteous paths shunning all anxiety about the outcome of their works.

In the Bhagavad Gita Lord Sri Krishna asked us through third Pandavas to be proactive in all spheres of life to excel in material prosperity, in psychological progress, and in spiritual awakening.

18.05.2012

The most rewarding action in human life

https://www.speakingtree.in/blog/the-most-rewarding-action-in-human-life

Reaching almost at the fag end of life I have realized that rearing a child (be your own child, be the child adopted to your family or to the orphanage run by you) is the most rewarding

work in human life. A soul, who has come earlier to the material plane, empowers a newcomer to this physical Universe with wisdom about mundane and supra-mundane aspects of this world. This sacred action is just like leading a candle-without-fire to a glorious state of existence by a candle-with-fire.
20.03.2012

GUNAS

https://www.speakingtree.in/blog/gunas

All things of this Physical Universe are with attributes. Fluidity is the attribute of water. Firmness is the attribute of a piece of wood. Hardness is the attribute of iron. The gross Physical Universe is filled with enormous number of substances having thousands of types of attributes. Ancient Indian scientists observed that, the attributes of all different things of this World of Matters are nothing but various permutations and combinations of the three basic attributes of Universal Consciousness. The first attribute of Universal Consciousness is characterized by spotless purity, blissful calmness, unfathomable depth of wisdom, ceaseless serenity, ever-lasting silence etc. The second attribute is characterized by ardent activities, undying passion for enjoyments, never-ending fighting spirit, enthusiastic creativity etc. Ever-blind ignorance, never-ending idleness, and ceaseless inertia characterize the third attribute. All animate and inanimate objects have these attributes. The Buddha, Jesus Christ, Sri Ramakrishna had maximum amount of the first attribute with very little of other two. In Alexander the great, in Napoleon and in other great warriors we find presence of proportionately greater amount of the second attribute. The third attribute is detectable in relatively greater amount in persons with criminal propensity. Calm, quiet and ever-meditating Lord Shiva is the icon for the first attribute; ever-fighting Goddess *Durga* is for the second and ever-cruel tyrant Mahisasur

(Demigod) is for the third. Brightness and purity of noble metals like Gold, Platinum etc indicate presence of relatively greater amount of the first attribute of Universal Consciousness in them. Ever-active Uranium, Radium, inorganic acids etc are examples of Matters having greater amount of the second attribute with smaller amount of the other two. Inert gases (Argon, Neon etc.) are good examples of inanimate objects having relatively greater amount of the third attribute with insignificant amount of other two. Universal Consciousness Himself and all things and everything of this Physical Universe are with attributes. These attributes help human Mind to know about various characteristics of all the things of the Universe of Matters, and this knowledge remains stored in our memory. These data in our memory assist us in knowing about something that we are encountering with for the first time. This system works well in knowing about a thing having the three basic attributes of Universal Consciousness in it. Utilizing this process of deductive reasoning with the stored data about the things with attributes, our Mind cannot know about 'Pure Consciousness' as because 'Pure Consciousness' is without attributes. Our subtle organ Mind, our body and our Brain all are made up of things having attributes; so it is very difficult for us to know about something which is devoid of any of the three basic attributes. [According to ancient Indian scientists, 'PURE Consciousness' is '*Tregunatita'*. *'Tre'* means three, '*Guna*' means attribute and *'Atita'* means beyond. *'Tre'*+'*Guna*'+ *Atita'* = 'Tregunatita'. Meaning 'Pure Consciousness' is without any of the three fundamental attributes of Universal Consciousness.] However, with the help of our body-bound Consciousness and with the active participation of our Nervous system, our Mind could manage to have knowledge about 'Pure Consciousness'; but that requires extensive specialized training of human Mind under a real Seer.

02 01 2012
From my book 'Doctors Be Conscious About Consciousness'

Oxidative Stress And Tea

https://www.speakingtree.in/blog/oxidative-stress-and-tea

Thousands of biochemical reactions are taking place every moment in our body to sustain life. These biochemical reactions generate lots of Oxygen-rich free radicals (Reactive Oxygen Species, ROS); those adversely affect DNA, RNA and other structural molecules of our body cells. These adverse effects of ROS on body chemistry are thought to be the most important cause of aging of the animal body. The deleterious effect of ROS is one of many causes of Cancer, Heart diseases, Cerebral attacks, Arthritis, Senile Dementia, Alzheimer's disease and of lots other ailments of our Psycho-physical bodies. Nature has provided us with many in-built antioxidant devices; those constantly try to keep down the amount of ROS in our body. Intra-cellular Glutathione is such a molecule that neutralizes ROS very efficiently. Many Vitamins (Vitamin E, Vitamin C etc) and many Micro-minerals (Selenium, Zinc, Chromium etc are required in our body in very minute amounts; so they are called 'Micro-minerals'. We get them through foods and drinks.) help the human body to keep the amount of ROS as low as possible. Of late, scientists have proved that some Phyto-chemicals (Chemicals derived from plants) in our foods have an immense role in neutralizing ROS at the site of their formation. Carotenoids, Lycopene and other green, yellow, red pigments of fruits and vegetables have a proven role in preventing the harmful effects of ROS on our body. For these reasons all scientists working on human nutrition, recommended daily intake of plenty of fresh fruits and vegetables, to have disease free prolong life. Gallocatechin, Epigallocatechin, Epicatechin and Epigallocatechin gallate are powerful antioxidants present in green tea. Of these Epigallocatechin gallates is the most powerful one—it is 100 times more efficient antioxidant than Vitamin C; and 25 times more powerful than Vitamin E in reducing the amount of ROS in our body. Black tea contains only 40% of the Epigallocatechin

gallate of green tea. We Indians are addicted to black tea for the refreshing flavors, the black tea contains; and green tea lacks these attractive flavors. Now, to enjoy the flavors of black tea and to get benefits of green tea, we Indians should start drinking a mixture of both of them.
11.05.2005

Theology of Sanatan Dharma and that of Abrahamic Religions

There are significant differences in the theology of Sanatan Dharma, popularly known as Hinduism, and that of Abrahamic religions. Abrahamic religions and Hinduism are most practiced religious-cum-spiritual ideologies in vogue in modern human society. According to Hinduism the only real entity in this Universe is Pure Consciousness or *Param Brahman*. *Param Brahman* is without attributes, without three *Gunas—Swatta, Rajas* and *Tamas*. Wishful creative dream of the Pure Consciousness is *Maya* or *Prana*. *Prana* is with all above three attributes. Pranaexpresses Herself/Himself/Itself as Energies, Mattes and Space-Time conjoin; Energies and Matters are actually interconvertible. Under the guidance of Prana Energies-Matters-Space-Time constructs all inanimate objects of the tangible physical Universe; and *Prana* remains as Souls of those created lifeless objects. Soul of the Sun, our nearest star, expresses himself as intelligence; and this intelligence keeps perfect balance between the crushing Gravitational pull and the tremendous explosive force of the Fusion energy—so that our Sun remains steadily glowing.

Souls of some of the created inanimate objects of the physical Universe are illuminated directly by Pure Consciousness for stipulated periods of time; these illuminated things are all living bodies of the Universe—Prions to Viruses to Unicellular

organisms to Multicellular bodies to Mind-Body system of the Human being—this is the path of gradual evolution of living things from simpler to complex forms. When Pure Consciousness stops illuminating the soul of an animate physical body that body would immediately turns back to the state of inanimate existence.

Ancient Indian scientists, whom we call Rishis, came to the conclusion, after meticulous rational discussions about various phenomena of the Universe, that the dreamer (Pure Consciousness), the act of dreaming (*Maya* or *Prana*) and the scenes in the dream (all ever-changing, ever-flitting, inanimate-and-animate bodies of the Universe) are seamlessly continuous, ever-inseparable—like the spider and the web fabricated by it. This is the concept of Monism.

Followers of Sanatan Dharma express their respect, reverence to formless Pure Consciousness by contemplating and meditating on *Param Brahman*. However, thinking about and meditating on a formless abstract entity is not at all an easy endeavor for many followers of Sanatan Dharma. This is the path of knowledge—only a few people with high spiritual acumen step on this difficult path.

Most of the followers of Hinduism express their love and respect to Param Brahman by worshipping with devotion all inanimate and animate created objects of the Universe. They believe that worshipping the tangible created objects of the Universe is an easy path to show reverence to intangible creator—*Param Brahman*. Main theological basis of Hinduism is Monism; and according to this concept created is nothing but Time-Space bound expressions of the creator—Pure Consciousness; so, worshipping the created is equivalent to paying respect to the creator. According to Monism nothing in the Universe is not-God. This is the path of *Bhakti*; most of the Hindus love to step on this path. They imagine many deities of all gross and subtle aspects of the creator and the created; they make idols of those deities and worship those idols. Worshipping the idols with great respect and love, they make their minds calm like the surface of a pond in a breezeless night; through the calm mind, all things

and everything about the creator (Pure Consciousness), the act of creation (*Maya* or *Prana*), and created (ever-changing, flitting things of the tangible Universe) become vividly clear to the conscious awareness of the worshipper. This is called enlightenment or realization of God. This is the highest goal of all forms of spiritual practices, in vogue, in human society. Members of different human groups often look down upon Hindus, considering them as primitive idol worshippers having no spiritual wisdom. But idol worshipping is a means not a goal; the highest spiritual destination for a Hindu spiritual-seeker is the experience of *Param Brahman* at the core of his being. The concept of Monism cast guiding light upon all religious-social-ethical-political-spiritual aspects of Hindu life. The Hindus worship many deities—a student of philosophy would call Hinduism—a concept of polytheism; but at the very core of Hinduism, Monism glitters bright and beautiful. Hindus believe that all spiritual practices of different human groups, in the world, ultimately lead to the same goal—realization of God, the creator. For this reason, in the long history of humanity, the Hindus never try to impose their religious-spiritual concepts upon people of other faiths.

Followers of the Abrahamic religions think of a creator God—and He is the only creator—there are no two creators—this is the concept of Monotheism. According to the Abrahamic religions, the creator creates the tangible physical Universe, with all inanimate-and-animate bodies, within a few days and takes rest for a day as we humans do after a long tiring day. According to Abrahamic religions, Creator and created are two different entities - like the potter and the earthen pots fabricated by him—created and the creator are never inseparable. The Creator rules over the created, as does a human monarch. On the other hand, Hinduism thinks creator Pure Consciousness expresses Himself as created—so—creator and created are seamlessly continuous—ever-inseparable—this is the concept of Monism. Monotheism of Abrahamic religions and Monism of Hinduism are two distinctly different concepts.

Followers of the Abrahamic religions express their love, respect, and gratitude to the intangible creator; they pray to the creator for fulfillment of all their wishes—mundane and spiritual. They hate to pay respect to the created; they hate to worship tangible created things as representative of the intangible creator of the universe. Followers of the Abrahamic religions think that the ideas propagated in their religions are only truth—the spiritual-paths discussed only in their religions lead a spiritual-seeker to God-realization; they also think that religious-and-spiritual concepts of non-Abrahamic religions are quite useless in this regard. They think that their sacred duty is to forcefully press members of all human groups, under the Sun, to the template of their religious ideology (proselytism).

December 2024

Reference

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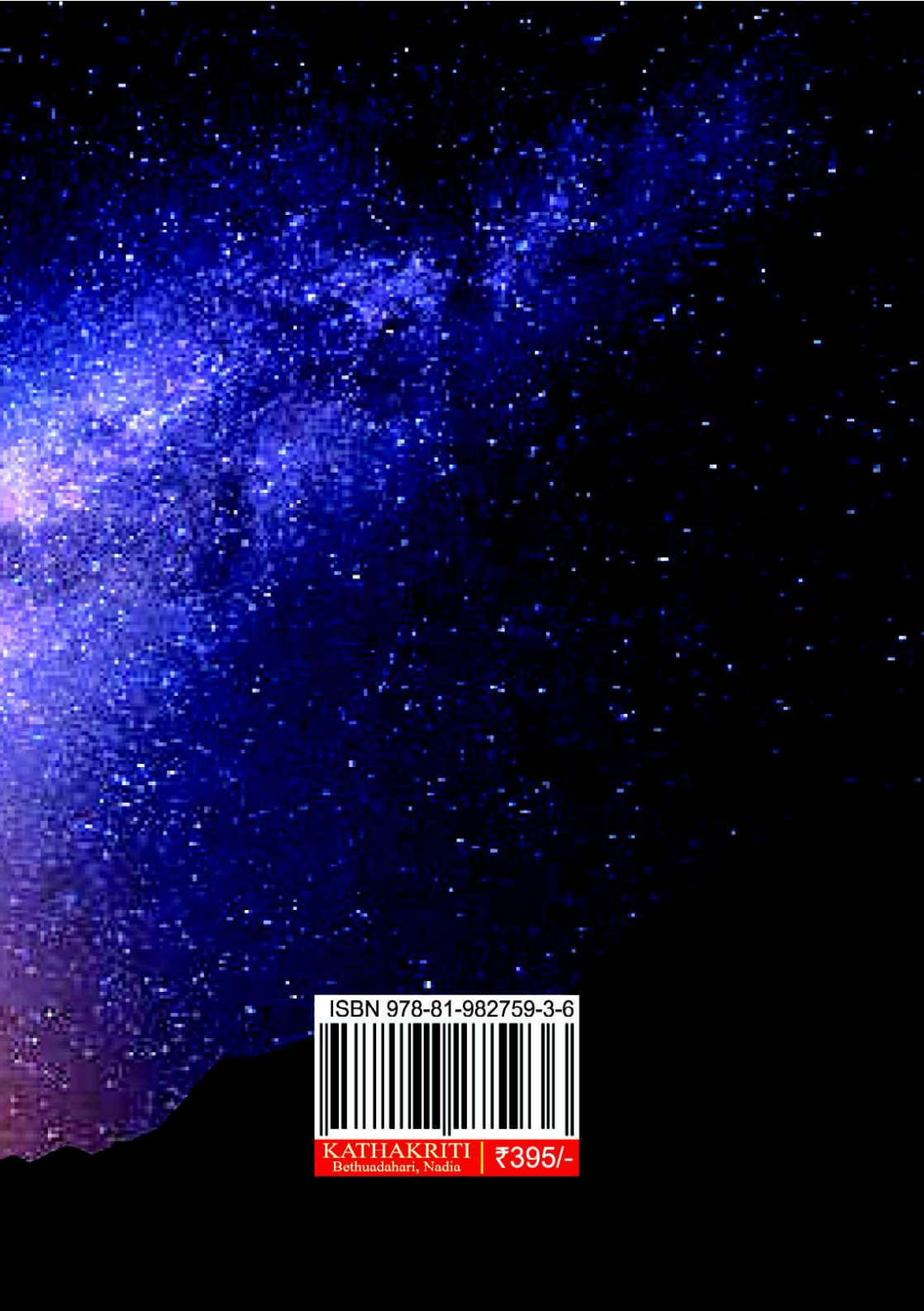

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